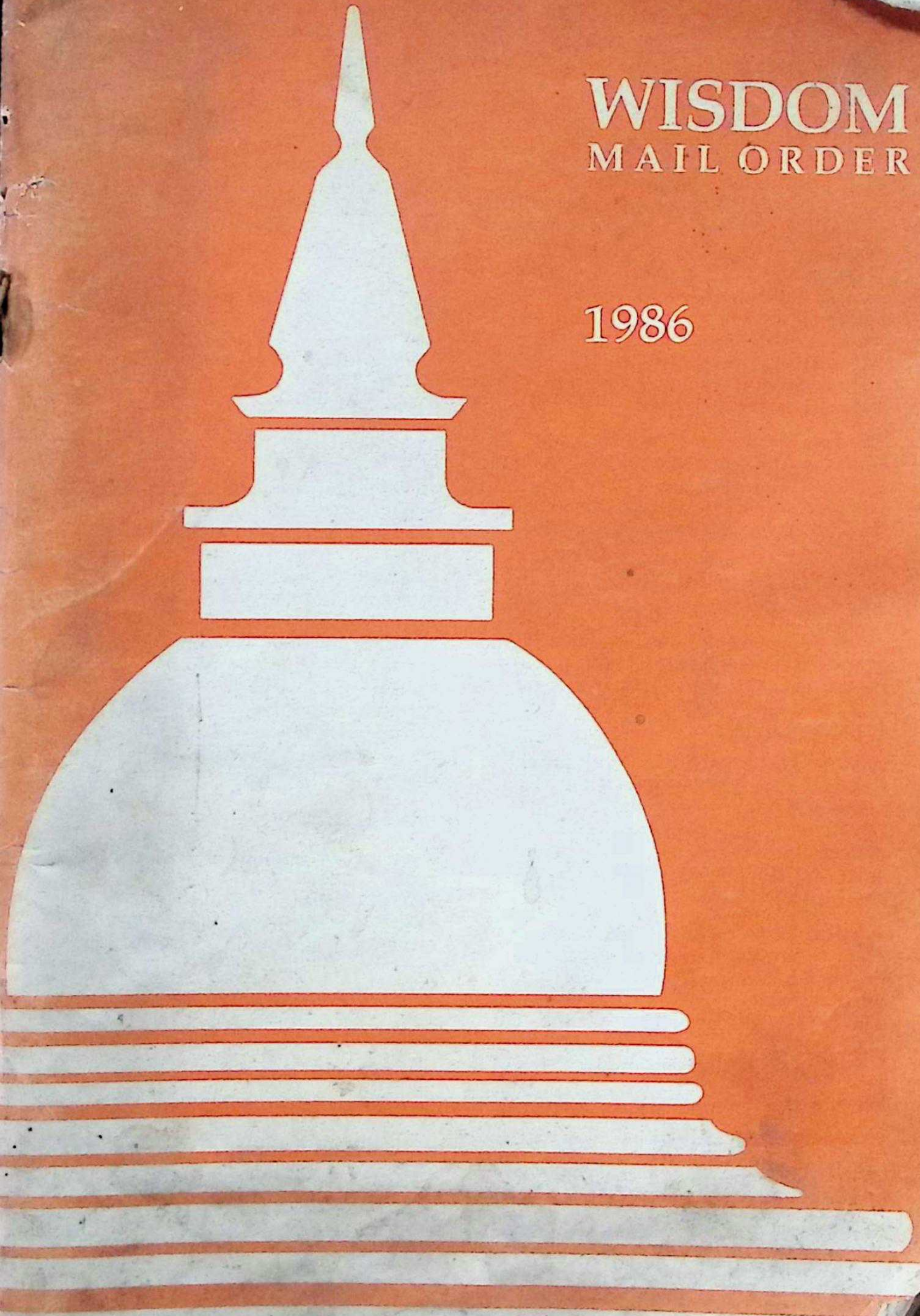
WISDOM
MAIL ORDER

1986



Wisdom Publications
23 Dering Street London W1 England

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Wisdom is a publisher of books on Buddhism and other spiritual and philosophical traditions. Our main purpose it to help keep alive the Mahayana tradition of Buddhism, and the spirit of the mahayana ideal of altruism, by presenting it in its various forms: theory and practice, biography, history, art, and literature for children. We also publish Buddhist prints, posters, cards and audio and video tapes.

Wisdom Theory-and-Practice Books
Bearing in mind that Buddhism is a living philosophy – something to learn and put into practice – we publish our theory-and-practice titles in three broad categories:

Basic Books: Orange Series
Intermediate Books: White Series
Advanced Books: Blue Series

These categories indicate the general level of approach of each title, whether sutra or tantra, and are thus a practical guide for readers in their choice of the most appropriate books.

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This new series of titles reflects the heartfelt desire current in the West to build bridges between the great philosophies and religions of the world and to explore the universality of their methods and ideas.

Wisdom Tibet Books: Yellow Series
There is growing worldwide interest in the Dalai Lama and Tibet. In this new series we will publish titles that show the history and culture – both before and after the Chinese conquest of 1959 – of this remarkable Buddhist country.

Wisdom Children's Books

Wisdom Reference Books

Included in this catalogue are selected titles from other publishers (see Contents). Also included are selections of transcripts from the Wisdom Archive, prayers and sadhanas, audio tapes, and posters, prints and cards.

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Part One
Wisdom Publications

New titles Spring 1986

THE TIBETAN DHAMMAPADA
Sayings of the Buddha
Translated and introduced by Gareth Sparham
Edited by Beth Simon

This compilation of Buddha's sayings, known as *The Dhammapada*, has long been considered one of the most important sources for guidance in ethics, the basis for a calm and happy mind.

Usually associated with Sri Lanka, Burma and Thailand, it is also, as the Dalai Lama says in his foreword, " … known among Tibetans for the beauty of its poetry and the universality of its message. There is no Buddhist for whom the teaching in this book is irrelevant."

This *Compilations of Indicative Verse* (Tibetan: *Ched du brjod pa'i tshoms*; in Sanskrit it is known as *Udānavarga*) is divided into short chapters of beautifully translated verses, with such titles as Impermanence, Desire, Beauty, Actions, Animosity, and Mindfulness. It is an ideal volume for dipping into, as well as for reading at length; it gives the *flavour* of the Buddha's down-to-earth and practical wisdom.

Gareth Sparham, an English monk, has studied for many years at the Buddhist School of Dialectics, Dharamsala, India; this is his first published work.

This is a revised edition of the book first published in Delhi by Mahayana Publications in 1983.

1986. 240pp, 215 x 135 mm, notes.
0 86171 012 6
£7.95/$14.95 *B012*

A Wisdom Basic Book · Orange Series

New titles Summer 1986

Tulku Thondup
HIDDEN TEACHINGS OF TIBET
An Explanation of the Terma Tradition
Edited by Harold Talbott

There have been many occasions in world history when scriptures and material objects have been discovered miraculously. The Nyingma school of Tibetan Buddhism is rich in such a tradition. Dharma Treasures, *Terma*, have been concealed and later discovered at appropriate times by realized masters. These Discoverers of Dharma Treasures, *Tertons*, have over the centuries found thousands of volumes of scriptures and sacred objects hidden in earth, water, sky, mountains, rocks and mind.

This tradition of passing on teachings of the great ninth century saint, Guru Padmasambhava, is elaborated here by a Nyingma lama. Tulka Thondup first outlines the Nyingma teachings, then translates and gives commentary on a text, *Wonder Ocean*, that clearly explains the entire Terma tradition. This is the first book of its kind published in the West.

1986. 240pp approx, 215 x 135mm, colour and b/w illustrations, notes, bibliography, index. 0 86171 041 X
£8.95/$16.95 *B041*

A Wisdom Intermediate Book · White Series

In Praise of Tara
SONGS TO THE SAVIOURESS

Edited, translated and introduced by Martin Willson.

The beloved deity, Tara, the Saviouress, has been exerting her fascination on devotees for upwards of fourteen centuries. Three major strands intertwine to make the Tara we know today – Bodhisattva, Mother Goddess and Tantric Deity, the embodiment of the perfect women latent within all of us.

As a Bodhisattva, she vowed to work for the benefit of all beings until samsara is empty, and to do this always in the form of a woman. "This practical yet limitlessly inspiring resolution," writes English monk Martin Willson in his introduction, "somehow makes her seem very real and close to us of the late twentieth century."

Tara has inspired some of the most marvellous Buddhist literature throughout the centuries, and collected here is a good proportion of it, translated from Sanskrit and Tibetan. Included are a history of the origin of the Tantra of Tara, canonical texts, sadhanas for practice, and the lyrical praises to Tara of both Indian and Tibetan devotees. Included also are brief histories of the poets and writers themselves, and commentary and explanation throughout by Willson.

Much of the material here is translated and published in English for the first time. It is thorough and scholarly, but at the same time inspirational and an expression of devotion to Tara, one of the most popular of all Buddhist deities.

1986. 480pp 215 x 135 mm, colour & b/w illustrations, glossary, bibliography, notes, index. 0 86171 033 9
£11.95/$22.95

B033

A Wisdom Intermediate Book · White Series

THE JEWEL IN THE LOTUS
A Guide to the Buddhist Traditions of Tibet

Edited and with an Introduction by Stephen Batchelor

This is the first book to bring together a clear and down to earth introduction to Tibetan Buddhism with selections of teachings from each of the major traditions that have flourished in Tibet, and now in the West, for more than a thousand years.

All four major traditions – the Nyingma, Kagyu, Sakya and Gelug – as well as the earlier Kadam, are represented. The extracts illustrate, on the one hand the diversity and different emphasis of each, while on the other hand the undeniable unity of all the traditions – that each is a slightly different route to the same goal, enlightenment.

Included are teachings of the present Dalai Lama, Longchen Rabjampa, Ngorchen Kunga Zangpo, Je Tzong Khapa and songs and stories of Jetsun Milarepa.

An ideal introductory book.

1986. 240pp approx, 215 x 135 mm
0 86171 048 7
£7.95/$14.95

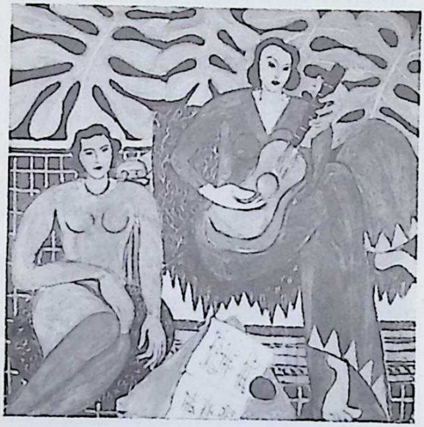
B048

A Wisdom Basic Book · Orange Series

NEW SERIES

Wisdom East-West Books: Grey Series
This new series of titles reflects the heartfelt desire current in the West to build bridges between the great philosophies and religions of the world and to explore the universality of their methods and ideas.

This year we publish four titles in the series, two in the summer and two in the autumn.



Alan Keightley

INTO EVERY LIFE A LITTLE ZEN MUST FALL

A Christian Philosopher looks to Alan Watts and the East

Foreword by Professor John Hick

A committed and open hearted Christian, Alan Keightley became inspired by the works of Watts, Krishnamurti and the ideas of the East, as well as the approaches of thinkers such as Ludwig Wittgenstein, during his theological and philosophical studies in the early seventies.

From the standpoint of a Western Christian he eloquently and with the conviction of experience shows the need for each one of us to break through the institutionalized, frozen idea of religion and God-out-there, and to awaken to the very real God within.

This is a marvellously refreshing book. It is a clear example of the non-contradictory and universal nature of all religions, and of the fact that each has much to learn from the other.

Alan Keightley received his Ph.D. from Birmingham University in 1974 after his research into Wittgentsein's philosophy and its implications for our understanding of religion. He is at present head of Religious Studies at King Edward VI College, Stourbridge, England. This is his third book.

1986. 192pp, 215 x 135 mm, bibliography, index. 0 86171 034 7
£6.95/$12.95 *B038*

A Wisdom East-West Book

BEYOND THERAPY

The Impact of Eastern Religions on Psychological Theory
Edited by Guy Claxton

Buddhism and the spiritual/mystical traditions in general have recently emerged as topics of considerable interest to the general public but also to those in the healing professions. Guy Claxton, psychologist at University of London, Chelsea College, has gathered together here views from psychologists present at a recent British Psychological Society Conference symposium on *Buddhism and Psychology*. The subject is the impact of spiritual traditions on current psychological thought.

Two areas are covered. First the theoretical is examined; Buddhist ideas about self, identity and personality and how these go beyond or can be interpreted in terms of current psychological concepts. Secondly, the contributors look at the practical application such as research on meditation, the value of contemporary therapeutic techniques and the question of spiritual development and personal development.

1986. 160pp approx, 215 x 135 mm
0 86171 043 6
£6.95/$12.95 *B043*

A Wisdom East-West Book

Radmila Moacanin
JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM

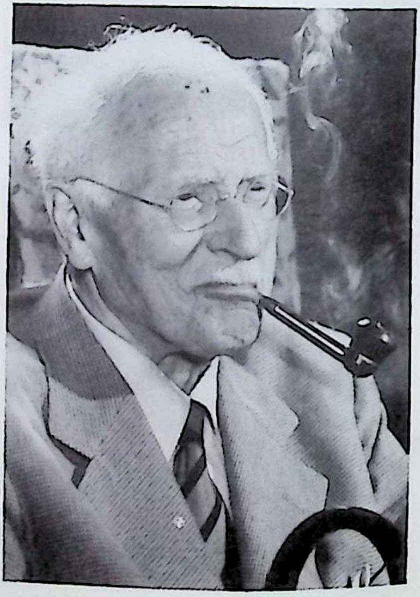
Western and Eastern Paths to the Heart

The approaches of Jung and the teachings of Tibetan Buddhism have often been looked at together. Here, Radmila Moacanin, a student of Buddhism and a Jungian therapist, explores the similarities and differences with simplicity and straigthforwardness. She examines archetypes, collective unconscious, the Self, Jung's famous mandala experiences and the teachings of the Middle Way and Tantra.

A marvellously practical book, which will help increase understanding of the healing methods offered in both East and West.

1986. 192pp, 215 x 135 mm
0 86171 042 8
£6.95/$12.95 *B042*

A Wisdom East-West Book



Joel Levey
THE FINE ARTS OF RELAXATION, CONCENTRATION AND MEDITATION
Ancient Skills for Modern Minds

Over the last fifteen years, Joel Levey has taught some thirteen thousand people the survival skills of mastering the stress of life. Here, he draws on many methods that enable us to discover our own inner resources, allowing us to develop into more whole human beings. He presents tools from Zen Buddhism, the Humanistic Psychotherapies, Tibetan Buddhism and other tried and proven systems.

His object is healing and wholeness. He seeks to increase the moments of love, sharing and human kindness that all of us experience, but often only fleetingly. He presents ways to multiply these moments so that they become more frequent and more enduring.

This is very much a practical and down to earth work book. It is full of clear, easy to follow instructions and masses of explanation and support for anyone who is tentative. Areas covered include relaxation, concentration, meditation, control of pain, biofeedback, reflections on heart, mind and wholeness. Everyone can find something in this book that will stimulate, and most of all, help.

1986. 192pp, 215 x 135 mm
0 86171 040 1
£6.95/$12.95 *B040*

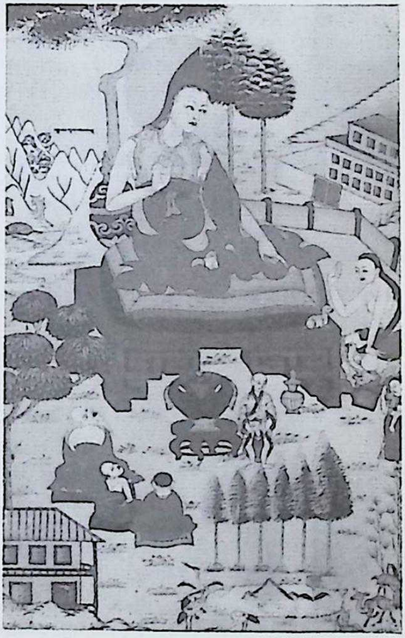
A Wisdom East-West Book

THE THANGKA CALENDAR 1987

The Thangka Calender has been published annually in Germany for over a decade. Following its success in 1986 Wisdom is pleased, once again, to be able to co-publish it in English.

Each year the calendar features twelve superb reproductions of Tibetan art from the private collections of connoisseurs worldwide. The calendar is reproduced in full colour and measures 420 x 600mm.

1986. 420 x 600mm, full colour, detailed explanations. 0 86171 402 4
£9.95/$14.95 *P020*



Sherab Gyaltsen Amipa

THE SELF ORIGINATED WISDOM

Foreword by His Holiness Sakya Trizin

This is the first Wisdom book to come from the Sakya tradition of Tibetan Buddhism. The author, a highly respected Sakya lama, has been teaching at the Tibet Institute at Rikon near Zurich, Switzerland for seventeen years.

The book is based on teachings he has given to Westerners and is concerned with the development of the stages of enlightenment, the path to peace, in the minds of each individual.

Because of his connection with Westerners he is very concerned to link East and West. "All people wish to follow a path to peace," he says. So, this book is simple and clear, and continually brings down to earth the powerful and practical methods of Buddhism for human development.

Included also are translations of short practices of Guru devotion and Refuge, as well as an autobiography of the author.

1986. 175pp approx, 215 x 135 mm
0 86171 049 5
£6.95/$12.95 *B049*

A Wisdom Basic Book · Orange Series

Geshe Wangchen

AWAKENING THE MIND OF ENLIGHTENMENT

Meditations on the Buddhist Path

Enlightenment is not some unattainable goal, separate from us, but is the full flowering of our human potential – it is part of our very nature.

This book is a simple, clear presentation of meditations that take the beginner towards that goal. Written in English by a contemporary Tibetan Buddhist master, these teachings have particular value in that they encompass all traditions of Buddhism, showing that they are not contradictory.

Their practical value for anyone seeking to work on themselves lies in their simplicity and directness. We are shown how first to become aware of our own day to day sufferings and how to deal with them. Then we become aware of the sufferings of other beings and develop compassion. Finally we are inspired to attain enlightenment, not only because we want to rid ourselves of our own problems but also because we feel deeply moved to help others. This is the motivation that gives us the power to overcome all the obstacles on the path, and thus reach enlightenment.

Geshe Wangchen skilfully uses the traditional approach that forms the basis of these teachings with an understanding of Western approaches. Fluent in English, he has been the resident teacher at the Manjushri London Centre since 1981. He was educated at Drepung Monastic University in Tibet from where he graduated with highest honours as a Lharampa Geshe.

1986. 192pp, 215 x 135 mm, 0 86171 039 8
£6.95/$12.95 *B039*

A Wisdom Basic Book · Orange Series

NEW SERIES

Wisdom Tibet Books: Yellow Series
There is growing worldwide interest in the Dalai Lama and Tibet. In this new series we will publish titles that show the history and culture – both before and after the Chinese conquest of 1959 – of this remarkable Buddhist country.

This year we add three titles to the series, which already includes *Tibetan Reflections* by Peter Gold (page31) and John F. Avedon's *In Exile from the Land of Snows* (page 13).

Rinchen Dolma Taring
DAUGHTER OF TIBET

This is the only autobiography written in English by a Tibetan woman, and the author tells her story movingly, vividly and without artifice. Here is the voice of Tibet, quiet, moderate, yet determined, full of humour and deep, unshakable kindness.

Mary Taring was born in 1910 into one of the oldest families in Tibet and grew up in the closely-knit world of Tibetan nobility – a Buddhist society almost untouched by Western influence. She was educated in India – the first Tibetan girl to write and speak English. She first married Dasang Dadul Tsarong, one time Commander-in-Chief of the Tibetan army, and later Jigme Taring, a prince of Sikkim.

Her personal story covers Tibetan history of the fifty years up to 1959: the freedom, pleasures and tragedies, customs and traditions, all now destroyed. She recounts too her separation from friends and family when she escaped across the Himalayas, following the flight of the Dalai Lama upon the uprising against the Chinese in 1959.

Mrs Taring has written a new chapter to her story, originally published in 1970, telling of her work among Tibetan refugees in India since her exile, and of her reconciliation with many of her family.

The unmistakable theme throughout this book – and the other titles in this new series of Wisdom Tibet Books – is the deep faith of Tibetans in Buddhism and in the Dalai Lama, the very source of their strength and peace of mind.

1986. 300pp approx, 215x135mm,
illustrations 0 86171 044 4
£8.95/$16.95 *B044*

A Wisdom Tibet Book

Jamyang Norbu
HORSEMAN IN THE SNOW
The story of Aten, an old Khampa warrior

This is a poignant story of a Tibetan Khampa warrior, Aten, and his people of Nyarong. Aten recalls his life as a child, the simple style of the Khampas, and the beauty of the land. He tells us the history of his people and the fighting spirit of the Khampas, all illustrated by his own stories and stories of the past.

Their peaceful lifestyle was shattered by the incursion and final domination of the Chinese communists in the 1950s. He tells of the bloody battles and the terrible suffering of his people, and finally of the murder of his family and his escape across the Himalayas to Dharamsala.

Like thousands of other refugees, Aten related his experiences to His Holiness the Dalai Lama and his statements were written down. Years later, Jamyang Norbu, then director of the Tibetan Institute of Performing Arts in Dharamsala, put together Aten's story for the Tibetan Information Office, who first published it as a book in 1982.

Wisdom are pleased now to present this new edition.

1986. 160pp approx, 215 x 135 mm,
0 86171 050 9
£6.95/$12.95 *B050*

A Wisdom Tibet Book

TIBET IS MY COUNTRY
The Autobiography of Thubten Jigme Norbu, brother of the Dalai Lama, as told to Heinrich Harrer

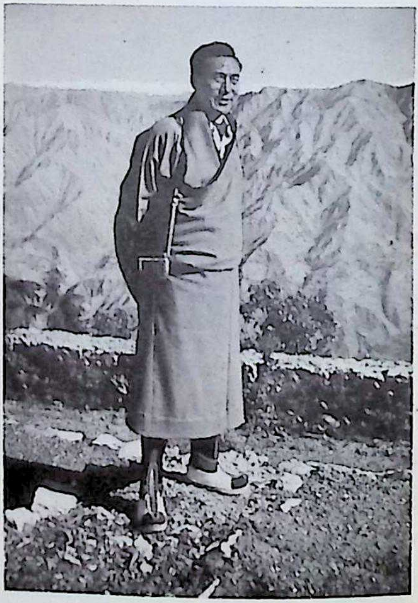
Heinrich Harrer has told in *Seven Years in Tibet* how he accompanied the Dalai Lama and his family on their flight from the Chinese Communists in 1951. For many years he kept a close friendship with Thubten Norbu, the Dalai Lama's elder brother, and together they wrote this book. Besides being the story of Norbu's own life, it is a uniquely authentic document about the last decades of Tibet's history.

Here, Norbu recalls being recognized as the reincarnation of a high Buddhist dignitary and of entering the famous Kumbum monastery. He tells of his experiences with the Chinese army and his decision to flee, his days as a tireless worker on behalf of the Tibetan refugees and his journeys to other Buddhist countries around the world.

First published in 1960, we are happy to include this moving biography in our growing list of Wisdom Tibet Books.

1986. 300pp approx, 215 x 135 mm
colour photographs 0 86171 045 2
£8.95/$16.95 *B045*

A Wisdom Tibet Book



THUS HAVE I HEARD

A new translation of the *Digha Nikaya, The Longer Sayings of the Buddha*
Translated by Maurice Walshe

This a new version of some of the most famous scriptures in the Pali Canon, translated by the well-known Buddhist scholar, Maurice Walshe.

These thirty-four suttas reveal the gentleness, compassion, power and penetrating wisdom of Gotama Buddha, not only in the words he speaks, but in his very bearing and the skill with which he deals with people.

Venerable Sumedho Thera writes in his foreword: 'They are not meant to be "Sacred scriptures" that tell us what to believe. One should read them, listen to them, think about them, contemplate them and investigate the present reality, the present experience with them. Then, only then, can one insightfully know the truth beyond words.'

Maurice Walshe gives a vivid account of the life and times of Gotama Buddha and a short survey of his teachings in the introduction. Line drawings are by the Thai artist, Pang Chinasai.

This is Wisdom's first book in the Theravada tradition.

1986. 650pp approx, 215 x 135 mm,
illustrations, 0 86171 030 4
£17.95/$34.95 *B030*

A Wisdom Intermediate Book · White Series

Dudjom Rinpoche
THE HISTORY AND FUNDAMENTALS OF THE NYINGMA SCHOOL

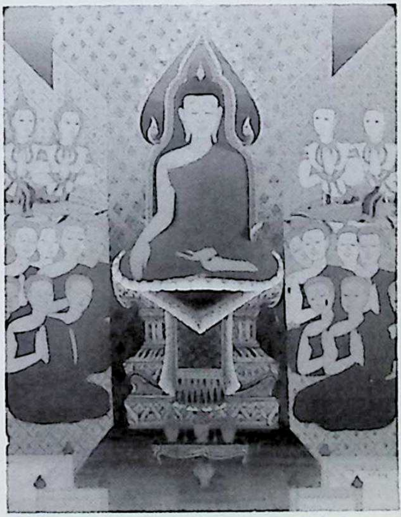
Translated and edited by Gyurme Dorje and Matthew Kapstein

This is the definitive book on the oldest tradition of Tibetan Buddhism. In extraordinary detail, the present head of this thousand year old school, Dudjom Rinpoche, covers all the teachings of the Nyingma in Book One, and in Book Two the complete history, first of the Buddhist teachings themselves in India and then in Tibet. He describes each of the various lineage of teachings and the lives of the masters through whom they have come down, unbroken, to the present day.

After transmitting the various texts translated here to the translators, they worked gradually for fifteen years to prepare it for publication.

1986. 1750pp appox, 215 x 135 mm
colour and b/w photographs, 0 86171 047 9
£45.00/$85.00 *B047*

A Wisdom Advanced Book · Blue Series



LIBERATION IN THE PALM OF YOUR HAND

A Buddhist Meditation Course by
Pabongka Rinpoche
Edited by Trijang Rinpoche
Translated by Michael Richards

This book is based on a 24-day teaching at a mountain hermitage in Tibet in 1921, given to a group of some 700 Buddhist monks, nuns and lay people.

Pabongka Rinpoche, a lama famous for his direct, no-nonsense but nonetheless compassionate approach, gave a clear and elaborate explantion of the path to enlightenment according to the outlines of Je Tzong Khapa. Throughout, he tells marvellous stories to bring his teachings alive – he is renowned, too, for his storytelling.

The book was originally edited and published in Tibetan by Pabongka's main disciple, Trijang Rinpoche, who himself was one of the two tutors of the present Dalai Lama. It is used widely among contemporary Tibetan lamas of the Gelug tradition as a basis for their teachings.

Michael Richards' translation keeps closely to the colloquial language of Pabongka Rinpoche, giving the book great immediacy and power.

Twenty of the stories have been illustrated by Dutch artist Eva van Damm.

1986. 700pp approx, 215 x 135 mm,
20 line drawings, 0 86171 031 2
£17.95/$34.95
B031

A Wisdom Intermediate Book · White Series

Recently published

John F. Avedon
IN EXILE FROM THE LAND OF SNOWS

The first full account of the Dalai Lama and Tibet since the Chinese conquest.

Published now in paperback at a time of worldwide interest in the Dalai Lama and the fate of his patient and courageous people.

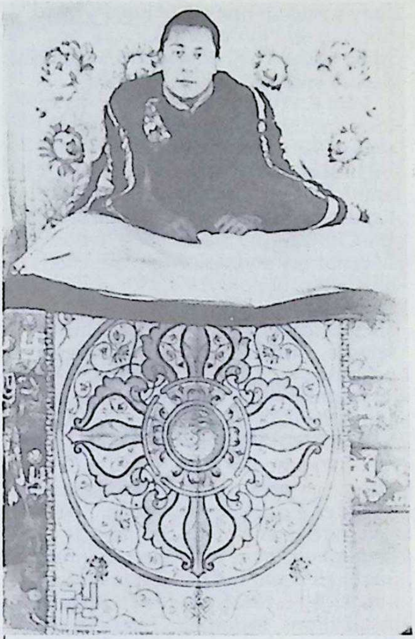
"No cultural and political saga of our time is more terrible, compelling and inspiring." *The Boston Globe.*

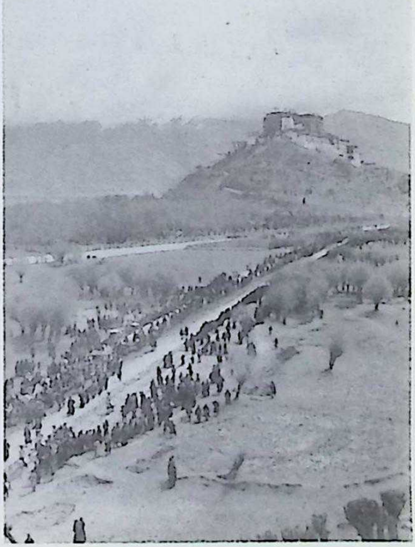
"A noble and eloquent book. Indespensable reading for anyone concerned about the struggle of the spirit in our time." *Washington Post.*

For over 2,000 years, Tibet held itself aloof from the affairs of the world. Perched at 15,000 feet, in the shadow of the Himalayas, it was a feudal kingdom of peasants, Buddhist monks and nuns, nomads and aristocrats, whose temporal and spiritual leader was the Dalai Lama. *In Exile from the Land of Snows* gives us, for the first time, a complete and graphic account of how this tranquil, isolated nation was wrenched into the nightmares of the twentieth century and how her patient, gentle and courageous people have resisted their fate.

The story begins in 1950, when Tibet is invaded by the newly triumphant People's Liberation Army of Communist China. Routing the meagre Tibetan forces in three weeks, the Chinese compel the Dalai Lama, just turned sixteen, to administer a puppet government under their tutelage. "Democratic reforms" follow that strip the inhabitants of their land, their property and all other human rights. Revolt is inevitable, and, in 1959, following a massive uprising in Lhasa, the capital, the Dalai Lama is forced to seek refuge in India.

What happens next is completely unexpected. The Dalai Lama and the 100,000 exiles who eventually join him do more than survive; they flourish, giving new life to their unique heritage and holding fast to their dreams of a free and independent Tibet. Working feverishly,





they scratch farms out of jungle, build libraries and monasteries, create an independent school system and establish a democratic government-in-exile.

John F. Avedon tells us the story in terms of some of its central people: a young man who has since risen to the highest circles of exile government; another who was trained by the CIA (in Colorado) to wage guerrilla war against the Chinese; the State Oracle, whose gifts of prophecy and vision are consulted on all matters of policy; a doctor of Tibetan medicine who has helped preserve the ancient teachings of his extraordinary science; and, most revealingly, the son of peasants, the Dalai Lama himself, whose birth and destiny were foreseen, the compassionate overseer of all their efforts.

Those they struggle for – millions who have remained in Tibet – have endured torture, imprisonment, forced labour brigades, brutal "re-education," famine and the hysteria of the Cultural Revolution. They have seen their religion desecrated and their land transformed into a fortress state studded with military installations, including China's largest nuclear missile base. And we are witness to their story as well – through the account of the Dalai Lama's personal physician (who was punished for his "crimes" by twenty-one years in Chinese prison camps) and those of the Tibetan representatives Peking has allowed to visit their homeland since the death of Mao and the purge of the Gang of Four.

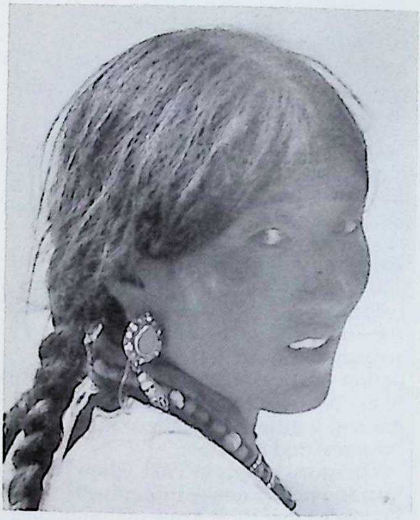
Despite all their efforts, the Chinese have failed to subdue the Tibetans, and, as this book amply documents, they know it. Thus, in 1978, they began to make overtures to the Dalai Lama, gestures that have led to negotiations for his return.

Most of the material in this book – the triumphs of the exiles, the devastation wrought by the Chinese, the inner workings of Tibetan Buddhism – has never before been made known.

New York journalist John F. Avedon spent the best part of two years investigating and gathering facts and stories. Certainly no other writer has been closer to this unique story, a story filled with tragedy, but suffused with a rare sense of resilience and hope.

1985. 512pp, 215 x 135 mm, 60 colour and black and white photographs, bibliography, index. 0 86171 029 0
£8.95/$11.95 *B029*

A Wisdom Tibet Book



Recently published

Guy Newland
COMPASSION: A TIBETAN ANALYSIS
A Buddhist Monastic Textbook

One of the distinguishing features of the study of Buddhist philosophy in the great monasteries of the past two thousand years has been the use of analysis and debate. Clear conceptual understanding is a crucial step in the process of gaining inner realization of the subjects studied, specifically emptiness and compassion, the two principal aspects of the path to enlightenment.

The texts used by students over the centuries have been commentaries of earlier scholars and meditators written to clarify the teachings originally expounded in the sutras of Buddha.

In *Compassion: A Tibetan Analysis*, Guy Newland has translated and clarified the first part of a text entitled *Ornament Adorning the Throats of the Fortunate*, written in the sixteenth century by Jay-dzun Chö-gyi Gyel-tsen, a scholar of the Jay College of Sera Monastery. This text is still used today at Sera-Jay, where it is one of the five required textbooks on Madhyamika. Its subject – the development of compassion as expounded by sixth century Indian pandit, Chandrakirti, and elucidated by Dzong-ka-ba, the fourteenth century founder of the Tibetan Ge-luk-ba tradition – is dealt with in the highly technical language of debate. Using only the first part of the text, which comments upon Chandrakirti's opening verses of praise to compassion, Newland has expertly extracted Jay-dzun-ba's major ideas and presented them so that they are comprehensible, relevant and accessible.

This book will be welcomed by all students of Madhyamika Buddhism. Equally, it is an invaluable addition to the growing fund of authoritative literature written by Western Buddhist scholars for Western readers.

1984.168pp,215x135mm,English/Sanskrit/ Tibetan glossary, notes, bibliography.
0 86171 024 X
£6.75/$10.95 *B024*

A Wisdom Advanced Book · Blue Series

Recently published

The Dalai Lama
THE KALACHAKRA TANTRA: RITE OF INITIATION
Translated, edited and introduced by Jeffrey Hopkins

Of the hundreds of Buddhist tantras, one of the most important is the Kalachakra Tantra. In Tibet – where these esoteric teachings have been practised purely for a thousand years – and now in the West, this tantra has come to be especially associated with His Holiness the Dalai Lama, one of the greatest Buddhist teachers alive today.

The Dalai Lama has given the initiation into the practice of Kalachakra a number of times, and this book is based on the first that he gave in the West, in Madison, USA in 1981. It presents the series of initiations, which took three days, that authorize practice of the first of two stages involved in the tantra – the stage of generation, in which the practitioners visualize themselves as an ideal being, a Buddha. The initiation ritual is translated and interspersed with commentary from the Dalai Lama.

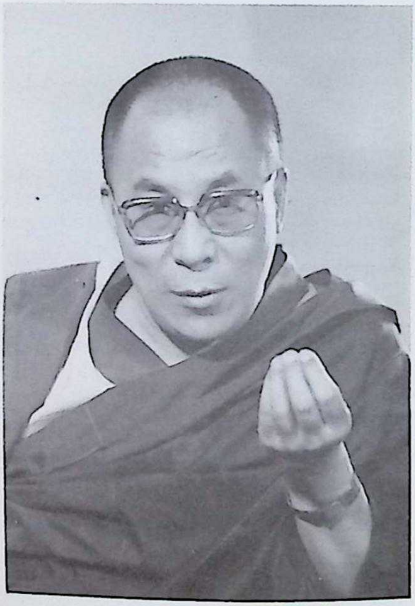
In the first part of the book the Dalai Lama's translator, Professor Jeffrey Hopkins, explains the tantric techniques of deity yoga and how it is possible, by practising them, to transform oneself into a Buddha. He discusses the importance of having an altruistic motivation for practising these techniques, and includes the marvellous stanzas of Tok-may-sang-bo, *The Thirty-seven Practices of a Bodhisattva*. He describes the Kalachakra mandala and how it relates to the initiation, discusses the procedure of the initiation itself, recounts in brief the lives of the authors, both the Dalai Lama and Kay-drup, and outlines a short history of the Kalachakra Tantra.

Also included are three versions of the Six-Session Yoga, the rites for daily practice.

This is the first time that a tantric initiation ritual has been explained in detail and published in a Western language. The special techniques for transforming body, speech and mind into completely altruistic expression are presented for the benefit of not only those who intend, after taking the initiation, to practise these techniques, but also for those who want to learn about this remarkable system of spiritual practice.

1985. 520pp, 215 x 135 mm, 8pp of colour illustrations, bibliography, notes:
0 86171 028 2
£11.95/$17.95 *B028*

A Wisdom Advanced Book · Blue Series



Recently published

The Dalai Lama
OPENING THE EYE OF NEW AWARENESS

Translated by Donald S. Lopez Jr., with Jeffrey Hopkins

In the preface to this book, written four years after his exile from Tibet, the Dalai Lama says that he intended it "for those who do not have the leisure to study the great texts, profound and full of impact."

Opening the Eye of New Awareness is a succinct yet thorough presentation of the doctrines of Buddhism as they were studied and practised for a thousand years in Tibet. The Dalai Lama begins with a discussion of the need for religious practice and an explanation of the proofs for the existence of rebirth. He explains ultimate and conventional truths; the trainings in ethics, meditative stabilization and wisdom; the practice of the path in the Lesser, Perfection and Secret Mantra, or Tantra, Vehicles; and the nature of Buddhahood. He concludes with a brief history of Tibetan Buddhism that clearly shows the continuity between late Indian Mahayana Buddhism and the Buddhism of Tibet, dispelling the idea that Tibetan Buddhism is "Lamaism" and unrelated to the central currents of Buddhist thought.

Opening the Eye of New Awareness is the only text of the Dalai Lama outlining the entire path to be published in a Western language. It is an invaluable handbook for the study of Buddhism both in colleges and by the individual.

1985.144pp,215x135mm,English/Tibetan/Sanskrit glossary, bibliography, notes.
0 86171 036 3
£6.95/$10.95 *B036*

A Wisdom Intermediate Book · White Series

INTERNATIONAL BUDDHIST DIRECTORY

A directory of more than 1800 Buddhist centres around the world.

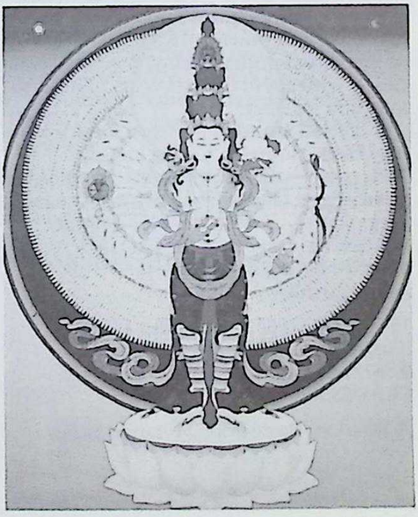
Entries list the names, addresses, phone numbers, affiliations, type of Buddhism and the name of the spiritual teacher, as well as, for example, the various activities of the centres and whether they are located in the country or city. Detailed information has been supplied by a fifth of the centres included; the rest are listed briefly.

This information was compiled by Tushita Meditation Centre, New Delhi, for the Foundation for the Preservation of the Mahayana Tradition (FPMT) and updated by Wisdom Publications using all available sources.

This directory reflects the huge growth in interest and activity in Buddhism throughout the world today. The publishers hope to update and bring it out annually and thus provide a service to Buddhists everywhere.

1985. 128pp, 215 x 135 mm. 0 86171 025 8
£5.95/$8.95 *B025*

A Wisdom Reference Book



Geshe Rabten & Geshe Dhargyey

ADVICE FROM A SPIRITUAL FRIEND

Translated and edited by Brian Beresford

Theories come alive when they are put into practice – and none more so than the Mahayana teachings on mind transformation that have been the hub of Buddhist practice in India and Tibet for two-and-a-half thousand years.

These methods show how we can transform our restrictive self-centredness into loving kindness, compassion and wisdom; how, by gradually changing our attitudes towards ourselves and others, we can, quite literally, learn to be happy and content in any situation.

"If you want to make others happy," says the Dalai Lama, "practise loving compassion. If you want to make yourself happy, practise loving compassion."

Advice is a compilation of these essential Mahayana practices, taken from the teachings of two contemporary Tibetan masters, Geshe Rabten and Geshe Dhargyey, both respected as faultless practitioners of the very methods they teach.

Their commentaries are based on the inspiring and powerful Kadam tradition of the great Indian scholar Atisha (980-1052), who spent the last years of his life teaching in Tibet.

Included are Atisha's *Jewel Rosary of an Awakening Warrior*, Geshe Langri Tangpa's *Thought Transformation in Eight Stanzas* and Geshe Chekawa's *Seven Point Thought Transformation*, plus a prayer entitled *Aspiration for the Path in Seventy Stanzas*, by the Indian master Ashvagosha.

1977, 1984, 1986. 60pp, 215 x 135pp, illustrations, notes, Tibetan texts.
0 86171 017 7
£4.95/$8.95 *B017*

A Wisdom Basic Book · Orange Series

Geshe Kelsang Gyatso

CLEAR LIGHT OF BLISS

Edited by Jonathan Landaw

This is an unprecedented work on the subject of tantric mahamudra, the profound and swift *anuttarayogatantra* method for achieving the fully awakened state of a Buddha. The crux of tantric, or Vajrayana, mahamudra is the activation of one's subtlest level of mind and subsequent contemplation by this consciousness of the ultimate nature of that very mind itself.

The ability to activate this blissful and penetrating mind of clear light depends upon first gaining control over the various energy systems of the body – no easy task. Geshe Kelsang Gyatso delineates and analyzes with precision and authority these intricate systems of channels, winds and drops and gives an extraordinarily clear explanation of all aspects of this completion-stage practice of mahamudra.

Included are the eight rounds of inner fire *(tum-mo)*, the generation of great bliss, tranquil abiding, meditation on emptiness, the four joys, the illusory body and clear light, and finally the supreme achievement of the resultant mahamudra union: buddhahood itself.

1982. 264pp, 215 x 135 mm, illustrations, tables, outline, Tibetan/English glossary and index, bibliography. 0 86171 005 3
£5.95/$10.95 *B005*

A Wisdom Advanced Book · Blue Series

Geshe Rabten
ECHOES OF VOIDNESS
Translated and edited by Stephen Batchelor

Echoes provides a framework for understanding voidness – emptiness – by presenting it from three different perspectives: devotional, logical and experiential. Stephen Batchelor uses the explanations of Geshe Rabten, a contemporary master, as well as those of two early scholars.

The first section deals with the devotional aspect: Geshe Rabten gives a clear explanation of Buddha's famous *Heart Sutra* (itself reproduced here).

Next is a translation of part of the classic sixth century text, Chandrakirti's *Guide to the Middle Way*. Incorporating explanations by Tzong Khapa, it provides a sound basis for a rational, analytical appreciation of emptiness.

To gain direct, non-conceptual experience of emptiness, the devotional and logical viewpoints would be integrated in meditation. In the final section, *Mahamudra*, Geshe Rabten outlines the methods for gaining this living experience, the culmination of the various approaches.

Now in its second printing.

1983, 1985. 148pp, 215 x 135 mm, illustrations, glossary, bibliography.
0 86171 010 X
£4.95/$7.95 *B010*

A Wisdom Intermediate Book · White Series

Geshe Rabten
THE ESSENTIAL NECTAR
Meditations on the Buddhist Path
Translated and edited by Martin Willson

For Buddhists, enlightenment is not some vague, esoteric idea but a precise goal, definable and most important of all, attainable. Success in the achievement of enlightenment, like success in any venture, depends upon following the steps laid out by the people who have already attained it.

The Essential Nectar is an explanation of these steps – known in Tibetan as the graduated path to enlightenment *(lam-rim)* – by a contemporary Tibetan master, Geshe Rabten, based on a popular Tibetan text, *The Essential Nectar of the Holy Doctrine* by eighteenth century scholar Yeshe Tsöndrü.

These traditional teachings are presented here as meditations to be practised: they are methods for investigating and transforming one's attitudes and behaviour, leading finally to the complete eradication of all negative states of mind and the development of all positive qualities – in other words, enlightenment.

Yeshe Tsöndrü's text has been poetically translated and Geshe Rabten's explanation clearly and concisely edited by English monk Martin Willson, director of Wisdom's Dharma Translation Unit (DHATU). The text is also reproduced in Tibetan.

1984. 304pp, 215 x 135 mm, appendices, glossary, bibliography, notes. 0 86171 013 4
£7.95/$11.95 *B013*

A Wisdom Basic Book · Orange Series

Kathleen McDonald
HOW TO MEDITATE
A practical guide
Edited by Robina Courtin

"This book is as beautifully simple and direct as its title. It goes straight to the heart of the problem and is earnestly recommended to every seeker on the path."*Yoga Today*.

What is meditation? Why practise it? Which technique is best for me? How do I do it? The answers to these often-asked questions are contained in this down-to-earth book written and compiled by a Western Buddhist nun with solid experience in both the practice and teaching meditation.

How to Meditate contains a wealth of practical advice on a variety of authentic and proven techniques: simple breathing and mindfulness exercises, meditation on emptiness, meditations using visualization and mantra, analytical meditations on death and suffering, meditations utilizing the psychic channels – the whole spectrum of techniques used by Tibeten Buddhists is covered. Also included are many of the simple prayers associated with Mahayana practice.

This book is written specifically for people wanting to practise meditation, but is ideal also for anyone who simply wants to know what meditation is all about.

Now in its third printing.

1984, 1985. 227pp, 215 x 135 mm,
illustrations, glossary, bibliography.
0 86171 009 6
£5.95/$9.95

B009

A Wisdom Basic Book · Orange Series

Jeffrey Hopkins
MEDITATION ON EMPTINESS

Emptiness is at the very heart of Buddhism. It is one of the most well known yet least understood philosophical concepts. In this, the major work of one of the most authoritative Western scholars of Buddhism, Jeffrey Hopkins presents an exposition of the Prasangika-Madhyamika view of emptiness (as interpreted by the Ge-luk-ba order of Tibetan Buddhism) and does so more thoroughly and more accurately than any writer so far in a Western language.

Moreover, he succeeds in bringing this remarkable and complex philosophy to life: he describes the meditational practices by which emptiness can be realized and, throughout, shows that far from being merely abstract these teachings can be vivid and utterly practical.

Part One, *Meditation*, gives a lucid overview of the entire Buddhist path, from the initial stages of meditation to its culmination in the attainment of Buddhahood.

Part Two, *Reasoning into Reality*, explains the various reasonings used by a meditator cultivating realization of emptiness.

Part Three presents the Buddhist world and Part Four a history of the development of the different Buddhist schools as well as descriptions of the non-Buddhist doctrines in opposition to which Buddhist positions were formulated, and the positions of the other Buddhist tenet systems – Vaibhashika, Sautrantika and Chittamatra.

Part Five, *Prasangika-Madhyamika*, revolves around the debate between Bhavaviveka and Chandrakirti that serves as the means for differentiating finely the positions of the two Madhyamika schools – Svatantrika and Prasangika.

Part Six is a translation of part of the Prasangika chapter in Jam-yang-shay-ba's *Great Exposition of Tenets*, a textbook for the Go-mang College of Dre-bung Monastic University – and the text that forms the basis for this book.

Jeffrey Hopkins has been studying with Tibetan lamas for more than twenty years and is skilled in both the Sanskrit and Tibetan languages. He is an Associate Professor at the University of Virginia and in 1976 founded the Buddhist Studies Program there. This, his most extensive work, is a revised version of his doctoral thesis written in 1973, and is highly recommended for students, scholars and truth-seekers of all levels.

1983. 1024pp, hardback, 220 x 140 mm, 21 line drawings, 51 charts, appendices, notes, English/Sanskrit/Tibetan glossary, bibliography, Tibetan text, index.
0 86171 014 2
£17.95/$35.00 *B014*

A Wisdom Advanced Book · Blue Series

Lati Rinbochay, Denma Lochö Rinbochay, Leah Zahler, Jeffrey Hopkins

MEDITATIVE STATES IN TIBETAN BUDDHISM

The Concentrations and Formless Absorptions

Meditative States gives a vivid and detailed description of the meditative practices used for developing a calm mind that is alertly powerful and capable of gaining insight into reality.

Two Tibetan lamas explain the preliminary process of freeing the mind from its inveterate tendencies to laxity on the one hand and agitation on the other, and then carry the reader through the upper reaches of the four concentrations and four formless meditative absorptions.

Included is a translation of "The Explanation of the Concentrations and Formless Absorptions" from Panchen Sö-nam-drak-ba's *General Meaning of (Maitreya's) "Ornament for Clear Realization."* The book is replete with the technical detail of the highly developed scholastic and yogic tradition of Tibet. It has been translated and edited from the teachings of Lati Rinbochay and Denma Lochö Rinbochay, both recognized incarnate lamas, given at the University of Virginia, where Leah Zahler is a doctoral candidate and Jeffrey Hopkins an Associate Professor.

A thorough and excellent book, which includes a good English/Sanskrit/Tibetan glossary and extensive index.

1983. 288pp, 215 x 135 mm, glossary, notes, bibliography, index. 0 86171 011 8
£5.95/$10.95 *B011*

A Wisdom Advanced Book · Blue Series

Jonathan Landaw & Janet Brooke
PRINCE SIDDHARTHA
The Story of Buddha

Prince Siddhartha was a very special child – handsome, intelligent and, most of all, kind. He grew up in the lap of luxury, protected by his father the King from ever seeing suffering. But as a young man he saw for the first time sickness, old age and death, and he was devastated. Gradually, he realized what he was destined to do ...

This is the story of Prince Siddhartha and how he became Buddha, the Awakened One. It is a story of peace and fearlessness and love and, as told in these words and vivid illustrations, is an inspiration to children of all cultures and ages.

1984. 144pp, 260 x 200 mm, full colour throughout, hardback. 0 86171 016 4
£7.95/$15.95
B016

A Wisdom Children's Book

Lama Yeshe
SILENT MIND, HOLY MIND

"A Buddhist's Light on Jesus." *Catholic Herald.*

Taking as his major focus the ways we customarily celebrate Christmas, Lama Yehse exposes, with directness and humour, the foibles of our secular age and shows how we can surmount them.

Included are instructions for meditating upon compassion using the visualization of Jesus Christ, an account of the Tibetan saint, Je Tzong Khapa, the essential unity of the spiritual quest and a translation of a poem concerning the development of the compassionate attitude common to both Christianity and Buddhism.

1978. 80pp, hardback, illustrations,
0 86171 000 2
£3.50/$7.95
B000

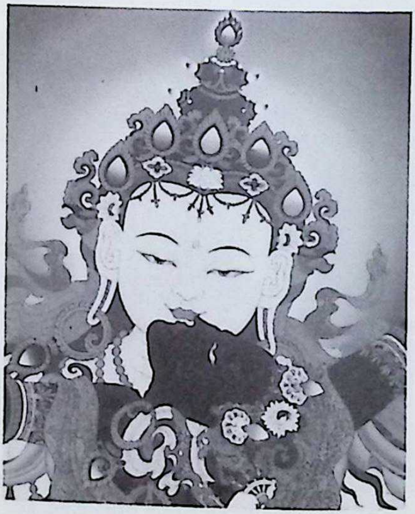
Andy Weber & Nigel Wellings
TARA'S COLOURING BOOK
Text by Jonathan Landaw

A book of twelve exquisite line drawings of some of the most famous figures from Tibetan iconography. Shakyamuni Buddha, Chenrezig, Tara, Manjushri and others are presented, together with scenes selected from their stories and an explanation of their meaning. Detailed instructions are given by the artists on how to prepare the drawings for painting or colouring, the appropriate use of colour, and so on.

Tara's Colouring Book is a perfect gift for young and old alike.

Now in its second printing.

1979, 1984. 340 x 250 mm, 12 line drawings.
0 86171 002 9
£3.95/$5.95
B002



Jeffrey Hopkins
THE TANTRIC DISTINCTION
An Introduction to Tibetan Buddhism
Edited by Anne C. Klein

In his preface Professor Hopkins writes, "... the ideas, concepts and methods of various religions must be tried on for size, must be lifted above museum displays, must be confronted and allowed to resonate with one's own character. It is in this spirit then that, after publishing ten works that are largely translations of Buddhist texts, I present here a personalized account of central Buddhist practices."

Hopkins has the ability to clarify complicated ideas, to bring them to life, and this he does admirably here. He cuts through the theories of Buddhism and brings them vividly into the realm of experience. He *explains* emptiness, the function of the guru, meditation, the cherishing of others and the Bodhisattva ideal. He unravels the complex differences between the Hinayana and Mahayana, and between the various schools of thought within the Mahayana. He reconciles conventional and ultimate reality; shows how the mind is addicted to the lies that the senses tell it, and describes the process of cutting through this craziness called cyclic existence.

Enlightenment is demystified and shown to be a possibility for each individual. The entire Buddhist path is laid out as a living experience – all in the context of the final path being the tantric one: the most skilful and expedient way of utilizing ones experiences to penetrate through to the nature of reality and to cut, once and for all, the very root of one's suffering.

Anyone wanting to understand the Mahayana Buddhist path couldn't wish for a better book.

1984, 1986. 184pp, 215 x 135 mm, glossary, notes, index. 0 86171 023 1
£4.95/$8.95 *B023*

A Wisdom Intermedite Book · White Series

Peter Gold
TIBETAN REFLECTIONS

American anthropologist Peter Gold has an abiding love for travelling the globe and delving into the philosophies and cultures of its ancient peoples. His latest journey has taken him to the Indian Himalayan foothills where he lived and worked with the Tibetan community of Dharamsala.

Here, in his marvellous first book, he tells of their stupas and mantras; prayer flags, prayer wheels and offering scarves. Their buddhas and religious ceremonies; their theatre, dance and music. The amazing weatherman. The ever-present monks and nuns and ancient *ama-las*. Their remarkable beer. The snowy mountain slopes and blazing rhododendrons. And the Dalai Lama – the very centre of their lives and source of their firm Buddhist faith.

He writes with a sense of immediacy and straight from the heart. He conveys with uncanny accuracy the essence of the way of life of the Tibetan people, preserved here still after twenty-five years of exile from their beloved Himalayan kingdom.

"Dharamsala," says Peter Gold. "is one of the most Tibet-like of their many settlements in India. The folk here rest poised on a slowly moving balance, one foot in either world, as it measures out the fate of their culture."

It is clear throughout the book that he enjoyed every moment with these remarkable and resilient people – and his joy and respect are utterly infectious.

1984. 112pp, 22 colour photographs by the author, 36 line drawings by Tibetan artists. 0 86171 022 3
£6.95/$11.95 *B022*

A Wisdom Tibet Book

Lama Yeshe & Zopa Rinpoche
WISDOM ENERGY
Basic Buddhist Teachings
Edited by Jonathan Landaw

A simple yet compelling introduction to Buddhism by two lamas renowned for their insight and skill in communication. Their successful first book, it is now in its third printing.

Written with characteristic warmth and directness, *Wisdom Energy* goes to the heart of basic Buddhist practice and discusses the meaning and purpose of meditation, the causes of dissatifaction and unhappiness and precisely how and why these deluded and unwanted states of mind arise, and finally the methods for subduing them and thus gaining control over our minds and lives.

Included is an entire meditation course Zopa Rinpoche clearly and concisely covers the full range of the path, from cultivating an awareness of our present condition to developing the wisdom and means that liberate us from it. In the concluding chapter Lama Yeshe shows unequivocally that the point of it all is to put it into practice in one's daily life, and he explains how.

1976, 1982, 1984. 152pp, 215 x 135 mm, glossary, bibliography.
0 86171 008 8
£4.95/$7.95
B008

A Wisdom Basic Book · Orange Series

Lama Yeshe et al
WISDOM ENERGY 2

Thirteen essays and poems and over thirty drawings and photographs have been organized around the central theme of the graded Mahayana path of sutra and tantra. Refuge, death, karma and emptiness, Buddha's method of teaching, the meaning of mantra, the Mahayana approach to non-duality; taken from the teachings of Lama Yeshe, Zopa Rinpoche and other masters.

An ideal introduction to the Mahayana Buddhist path

1979. 96pp, 245 x 200 mm, 32 line drawings and half tones. 0 86171 001 0
£3.95/$4.95
B001

WISDOM ARCHIVE

Since the early days of dharma teachings in India and Nepal, Western students have kept notes of the oral instructions passed on to them by their Tibetan teachers. Eventually, at Kopan for example, talks given by Lama Yeshe, Lama Zopa Rinpoche and visiting teachers were recorded, transcribed and carefully stored for future reference and publication. From this basic fund of material, Wisdom Archive gradually evolved.

Now, it contains approximately 2000 tape recordings and 300 transcripts, the earliest dating back to 1969, and includes most of the courses on sutra and tantra taught by Lama Yeshe and Lama Zopa Rinpoche, as well as teachings given by other great lamas, visiting speakers and experienced Western students at FPMT centres, FPMT-organized events and elsewhere around the world.

The Archive also includes a growing collection of prayers and sadhanas, photographs, negatives and transparencies, dharma publications from various sources and miscellaneous related material. More recently, we have started to build up a selection of video recordings.

This material will be published gradually for wide distribution, but in the meantime, in response to repeated requests, we are happy to make available a selection of this precious material in its rough form.

Wisdom transcripts
Transcripts are usually prepared in the following way:

1 The taped recordings of oral teachings are transcribed in an *unedited* form.
2 This transcript is checked for errors against the original tapes.
3 The checked transcript is *lightly edited* to cut out repetitions and make it more readable.
4 The lightly edited transcript is checked for accuracy of content and language and, if necessary, rewritten. The result is an *edited* transcript.

Archive transcripts are available in *edited* and *lightly edited* form.

The amount of work involved in preparing each transcript is considerable and since each item is copied in small numbers they are expensive to produce. To keep down the price they are being offered in A5, reduced from the original A4.

Wisdom prayers and sadhanas
Included in this range is the first selection of DHATU translations – complete and authoritative translations from the Tibetan undertaken by Martin Willson, director of Wisdom's Dharma Translation Unit.

Wisdom tapes
Original recordings of dharma material on audio C60 and C90 cassettes. Most have been edited to cut out unnecessary noise but since they are live recordings, they are by no means perfect.

An indication of their quality is given by the terms *good*, *medium* and *fair*. Some are shorter than the actual length of the tape, and they may be preceded by Tibetan chanting. Those unfamiliar with the style of the teacher may find difficulty in understanding clearly what is being said.

Tantric teachings are intended only for those with an initiation at the level of practice indicated, and not just for intellectual curiosity.

Lama Yeshe
DAM TSIG DORJE

Faith, sincerity and devotion towards a fully-qualified spiritual guide is the swift path to enlightenment; but if disciples fail to honour their commitments there can be no benefit from such a relationship.

Lama Yeshe explains the *sadhana* of Dam Tsig Dorje, a preliminary practice and skilful tantric method for cleansing the mindstream of broken vows, and negative energy generated towards the spiritual friend.

Istituto Lama Tzong Khapa, Italy, July 1979
Lightly edited, anuttarayogatantra, 44pp
£2.25/$3.75 *T235*

A Wisdom Intermediate Transcript · White Series

Lama Zopa Rinpoche
KARMA AND EMPTINESS

"On this earth, those who really have peace of mind, ultimate happiness, are very rare. They are the few who understand and protect karma, who renounce the cause of suffering and obtain the cause of happiness."

Whether Buddhist or not, our happiness and suffering depend upon our actions. Lama Zopa teaches some essential meditations to help us increase our faith and understanding of karma – the law of cause and effect – and avoid creating even the slightest cause of suffering.

Maitreya Instituut, Holland, September 1981
Edited, 32pp
£2.25/$3.75 *T233*

A Wisdom Basic Transcript · Orange Series

Lama Zopa Rinpoche & Lama Yeshe
KOPAN MEDITATION COURSE 1983

"The best Dharma practice, the most perfect, most substantial, is without doubt the practice of bodhicitta."

The second in our series of Kopan Course Books (see *Kopan Meditation Course 1982*) is the latest collection of annual month-long teachings by Lama Zopa Rinpoche in Nepal.

In this course, Lama Zopa explained in particular the functioning of karma – the law of cause and effect – and various aspects of the ten non-virtuous actions.

Lama Yeshe's talks include his last long and inspiring public teaching on bodhicitta: "You'll never get tired of meditating on bodhicitta. It is so deep, a universal meditation. You'll never get tired of bodhicitta."

Kopan, Nepal, Nov/Dec 1984
Edited, 330pp
£8.25/$13.25 *T228*

A Wisdom Basic Transcript · Orange Series

Lama Yeshe
MAHAMUDRA

"Mahamudra teaching is teaching the universal reality of shunyata ... How to *experience* shunyata rather than explaining what shunyata is."

Lama gives commentary on the technical meditations involved in the Paramitayana approach to Mahamudra – the fundamental realization of non-duality, essence of all Buddhist teachings.

Atisha Centre, Australia, August 1981
Lightly edited, 80pp.
£3.25/$5.25 *T230*

A Wisdom Intermediate Transcript · White Series

Lama Yeshe
MAITREYA

"Maitreya is all the supreme beings who achieved limitless, universal love. Their love manifests in the aspect of Maitreya. When we practise this yoga method, we unify the pure qualities of love and compassion that we already have with those of Maitreya."

After giving a brief history of Maitreya, the Buddha to come, Lama cuts through to the real meaning of developing rununciation, compassion and right understanding in modern society.

Maitreya Instituut, Holland, September 1981
Lightly edited, kriyatantra, 68pp
£2.75/$4.50 *T234*

A Wisdom Intermediate Transcript ·
White Series

Lama Yeshe
TRANSFERENCE OF CONSCIOUSNESS AT DEATH

Po-wa is a method of transferring the consciousness to a pure realm, the perfect environment for practising and realizing the teachings that lead to enlightenment. It is intended for practitioners motivated by the strong compassionate wish to bring true benefit to others who feel that they will be unable to achieve enlightenment in this lifetime.

Lama explains the technical meditation involved for achieving rebirth in Amitabha's pure realm, Tushita. But in order for the practice to be effective, it is first necessary to cut off all worldly attachments.

Tushita Retreat Centre, India, March 1981
Edited, anuttarayogatantra, 32pp
£2.25/$3.75 *T236*

A Wisdom Intermediate Transcript ·
White Series

Lama Yeshe
THE TWENTY-ONE TARAS

"Tara is not just one lady. We all become Tara. Tara is the quick divine action. Why the female aspect? Because it has unique energy to develop quick action in a human being."

Two short courses on the twenty-one different aspects of Tara, the divine female liberating energy directed towards enlightenment; with much emphasis on practical advice for basic Buddhist meditation.

Instituto Nagarjuna, Spain & Vancouver, Canada, 1980
Lightly edited, kryatantra, 90pp
£3.50/$5.75 *T231*

A Wisdom Intermediate Transcript ·
White Series

Lama Yeshe
VAJRAPANI

"Vajrapani is the active force of wisdom, the manifestation of Buddha's power."

Lama explains how the super-wrathful aspect of Vajrapani is in fact a manifestation of the energy of universal compassion enabling us to transform delusions such as anger and jealousy into the path to enlightenment.

Pfaffenhofen, West Germany, October 1981
Lightly edited, kriyatantra, 36pp
£1.95/$3.50 *T232*

A Wisdom Intermediate Transcript ·
White Series

Lama Yeshe
AVALOKITESHVARA

Four-armed Avalokiteshvara is an aspect of the Buddha of Compassion popular with both Westerners and Tibetans. Lama uses as his basis for the explanation of this guru yoga method a sadhana composed by His Holiness the Fourteenth Dalai Lama, *The Inseparability of Avalokiteshvara and the Spiritual Master*.

Chenrezig Institute, Australia, July 1976
Lightly edited, kriyatantra, 136pp
£4.95/$7.95
T200

A Wisdom Intermediate Transcript ·
White Series

Lama Yeshe
CHENREZIG

"Compassion is like American coffee – we need it *all the time!*" Lama Yeshe's commentary to his own Thousand-armed Chenrezig sadhana, skilfully communicated to a Californian audience.

Grizzly Lodge, USA, May 1980
Lightly edited, kriyatantra, 160pp
£5.75/$8.95
T202

A Wisdom Intermediate Transcript ·
White Series

Lama Yeshe
CITTAMANI TARA

Lama Yeshe's most extensive teachings on the *anuttarayogatantra* aspect of Arya Tara, Compassionate Mother of all Buddhas. Includes practical teachings on guru devotion and the technical meditation for achieving the three bodies of a buddha.

Kopan, Nepal, Jan-Feb 1979
Lightly edited, anuttarayogatantra, 208pp
£6.75/$10.75
T203

A Wisdom Intermediate Transcript ·
White Series

Lama Yeshe
GYALWA GYATSO

"Because we are Mahayana, we cannot just say words, we have to be active." This last tantra course taught by Lama Yeshe explains the technical meditations involved in realizing the highest yoga tantra aspect of Chenrezig, Buddha of Compassion.

Istituto Lama Tzong Khapa, Italy, Sept 1983
Edited, anuttarayogatantra, 80pp
£2.95/$4.95
T204

A Wisdom Intermediate Transcript ·
White Series

Lama Yeshe
HERUKA VAJRASATTVA TSOG OFFERING

Lama Yeshe's Tsog Offering to Heruka Vajrasattva was composed especially for Western students living in the modern world who need a quick but powerful and effective practice.

The commentary explains the essential meaning of the ritual and the various requests in the offering prayer which cover the entire sutra and tantra paths. Also included is an introductory talk by Lama to the Heruka Vajrasattva initiation. (Also available on cassette.)

Vajrapani Institute, USA, July 1983
Lightly edited, anuttarayogatantra, 90pp
£2.95/$4.95
T205

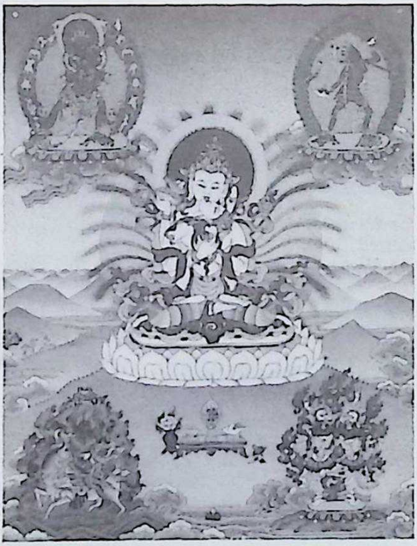
A Wisdom Intermediate Transcript ·
White Series

Lama Yeshe
HERUKA VAJRASATTVA

Meditation on Heruka Vajrasattva is recommended both as an essential daily practice and preliminary retreat specifically for clearing away obstructions that prevent realizations from being generated in the mind. These teachings on Lama's own sadhana include extensive general instructions useful for anyone intending to set up a retreat.

Kopan, Nepal, 1974
Lightly edited, anuttarayogatantra, 62pp
£3.95/$6.50 *T206*

A Wisdom Intermediate Transcript · White Series



Lama Zopa Rinpoche
HOW TO DEVELOP LOVING COMPASSION

"In our everyday life we have compassion towards others, towards some people and towards some animals. Sometimes less, sometimes more." We all have the potential to develop limitless compassion. In this ten day course Lama Zopa teaches simple, practical meditations for realizing the emptiness of the "I" in order to actualize compassion and wisdom in everyday life.

Istituto Lama Tzong Khapa, Italy, Sept 1983
Edited, 64pp
£3.25/$5.50 *T207*

A Wisdom Basic Transcript · Orange Series

Lama Zopa Rinpoche
THE KINDNESS OF THE GURU

This personal appreciation of Lama Yeshe's life and activity is an inspiring and practical realization of guru devotion spoken from the heart of his closest disciple. (Also known as *The benefit of working for others.)*

Tushita Retreat Centre, India, May 1982
Edited, 24pp
£1.95/$3.50 *T201*

A Wisdom Basic Transcript · Orange Series

Lama Zopa Rinpoche & Lama Yeshe
KOPAN MEDITATION COURSE 1982

In the early summer of 1970, Lama Zopa Rinpoche gave his first meditation course to twelve Westerners on Kopan Hill, near Kathmandhu, Nepal. By 1973, these courses had become twice-yearly and attendance had reached over 200.

A month-long meditation course is still taught yearly at Kopan. They are intensive, and their impact on both those who are new to dharma and those with some experience is lasting and profound.

This volume contains the edited teachings of the Fifteenth Kopan Meditation Course. The theme is Shantideva's text *Engaging in the Bodhisattva's Way of Life* but the subject matter covers the entire Graduated Path to Enlightenment. There are also discourses by Lama Yeshe on refuge and precepts, the bodhisattva vows and question-and-answer sessions.

Kopan, Nepal, Nov-Dec 1982
Edited, 272pp
£8.25/$13.25 *T208*

A Wisdom Basic Transcript · Orange Series

KYABJE SONG RINPOCHE: A BIOGRAPHY

Translated by Zasep Tulku and Martin Willson

Short biographical account of one of Tibet's greatest spiritual masters translated from the classical Tibetan source.

20pp
95p/$1.50 *T214*

A Wisdom Basic Transcript · Orange Series

Lama Yeshe
MANJUSHRI

Manjushri is a particular aspect of the Buddha for energizing knowledge-wisdom. In this two week course, Lama introduces the preliminary realizations needed to practise tantra, as well as covering the Manjushri yoga method with special emphasis on understanding emptiness.

Manjushri Institute, England, July/Aug 77
Lightly edited, kriyatantra, 176pp
£5.95/$9.50 *T211*

A Wisdom Intermediate Transcript · White Series

Lama Yeshe
LIGHT OF DHARMA

"Swedish people invited me here to bring light, light of dharma." In this weekend seminar on the three principal aspects of the Buddhist Path, Lama deals specifically with the problems faced by Westerners sincerely wishing to practise meditation who find difficulty generating realizations. He shows how to overcome the obstacles to our practice and integrate dharma into Western society.

Vaddo, Sweden, September 1983
Edited, 36pp
£2.75/$4.75 *T210*

A Wisdom Basic Transcript · Orange Series

Lama Yeshe
LIFE, DEATH AND AFTER DEATH

An understanding of death and how to die is important for people of all beliefs and cultures. In these last teachings given by Lama in the West, he explains the various stages of the death process in the context of the Buddhist attitude to life. (Also available on cassette.)

Geneva, Switzerland, October 1983
edited, 32pp
£2.75/$4.75 *T209*

A Wisdom Basic Transcript · Orange Series

Geshe Tekchok
MONASTIC RITES

Edited by Adrian Feldman

A detailed commentary on the *so-jong, yar-nä* and *gar-ye* ceremonies given to the monks and nuns of the International Mahayana Institute by the Abbot of Nalanda Monastery, France, 1983. Intended for sangha only.

Nalanda Monastery, France, June/Aug 83
Edited, 94pp
£3.25/$5.25 *T212*

A Wisdom Intermediate Transcript · White Series

Martin Willson
REBIRTH AND THE WESTERN BUDDHIST

Belief in reincarnation is one of the greatest cultural differences between Eastern and Western thought. In this concise but very thorough work, Martin Willson presents arguments – devotional, scriptural, observational, logical and scientific – for and against rebirth. The result is a detailed and absorbing account that can be read by both sceptic and believer.

64pp
£2.75/$4.50 *T215*

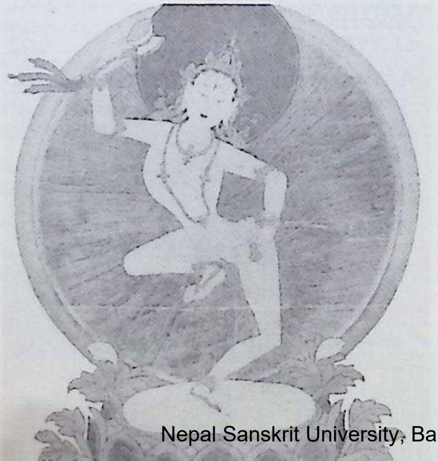
A Wisdom Basic Transcript · Orange Series

Lama Yeshe
VAJRA YOGINI

Vajra Yogini is an extremely powerful and swift method for achieving enlightenment in our present time. Lama explains this most profound practice with great ease and simplicity for his Western students, concentrating on the essential meditation for actualizing the three bodies of a Buddha.

Chenrezig Institute, Australia, Sept 1979
Edited, anuttarayogatantra, 116pp
£3.75/$6.25 *T213*

A Wisdom Intermediate Transcript White Series



CHÖD
Cutting Off the Truly-Existent "I"
Translated by Kathleen McDonald & Thubten Chodak

Chöd is a extremely effective method for recognizing the "I" to be refuted. Practised on the basis of renunciation, wisdom and compassion, it leads swiftly to a cutting off of the innate self-grasping which is the cause of all suffering.

Dharamsala, India, 1982
Tibetan phonetics/English
anuttarayogatantra, 210 x 115 mm, 40pp
£1.50/$2.95 *S216*

A Wisdom Advanced Sadhana · Blue Series

CITTAMANI TARA
The Collected Arrangement of Recitations of an Extended Sadhana of Cittamani Tara
Translated & edited by Martin Willson

Newly translated from the original Tibetan.

A DHATU translation
Nalanda Monastery, France, February 1984
Tibetan phonetics/English,
anuttarayogatantra, A5, 64pp
£3.25/$5.25 *S217*

A Wisdom Advanced Sadhana · Blue Series

Gadän Trijang Rinpoche
CITTAMANI TARA
Condensed Four-Mandala Ritual of Cittamani Tara
Translated & edited by Martin Willson

Gadän Trijang Rinpoche's *anuttarayogatantra* offering prayer to Cittamani Tara in a new translation by Martin Willson.

A DHATU translation
Nalanda Monastery, France, August 1983
Tibetan/Tibetan phonetics/English
anuttarayogatantra, A5, 52pp
£1.95/$3.25 *S219*

A Wisdom Advanced Sadhana · Blue Series

Ganden Trijang Rinpoche
CITTAMANI TARA
The Offering Prayer of the Four Mandalas to Cittamani Tara
Translated by Lama Zopa Rinpoche

English-only version of the popular offering ritual to Cittamani Tara in a translation by Lama Zopa Rinpoche.

Kopan, Nepal, 1980
English, anuttarayogatantra,
210 x 115 mm, 28pp
£1.50/$2.95 *S218*

A Wisdom Advanced Sadhana · Blue Series

COMMON PRAYERS
Translated & edited by Martin Willson

Twenty-five shorter, widely used prayers of the Tibetan Gelukpa tradition: refuge, four immeasurables purifying the place, seven limbs, mandala offerings, dedication, prayer to Je Tzong Khapa, the short long-life prayer for His Holiness the Dalai Lama, *Mig-tse-ma*, and the food offering. Reproduced together with the Tibetan phonetics.

A DHATU translation
Nalanda Monastery, France, Mar/Apr 1984
Tibetan phonetics/English, A5, 28pp
£1.95/$3.50 *S220*

A Wisdom Basic Prayer Book · Orange Series

THE EIGHT MAHAYANA FAST-DAY VOWS
Translated & edited by Martin Willson

The *Mahayana Fast-day Vows* is a set of eight precepts that can be taken by anyone on the basis of a strong altruistic intention. The short ceremony is performed before dawn and the ordination kept strictly until sunrise the next day. Doing so, according to one great Indian pandit, "brings greater benefit than making charity for one hundred years."

A DHATU translation
Nalanda Monastery, France, March 1984
Tibetan phonetics/English
A5, 12pp
£1.50p/$2.75 *S221*

A Wisdom Basic Sadhana · Orange Series

Kusali Dharma Vajra
GIVING BREATH TO THE WRETCHED
The Method of Benefiting Sentient Beings at the Time of Death
Translated by Lama Zopa Rinpoche
Transcribed by Thubten Pelgye & edited by Hermes Brandt

A collection of prayers and advice for calming and preparing the minds of those close to death.

Kopan, Nepal, 1980
Tibetan phonetics/English
210 x 115 mm, 36pp
£1.50/$2.95 *S222*

A Wisdom Basic Sadhana · Orange Series

Lama Yeshe
HERUKA VAJRASATTVA
Sadhana and Ritual Feast (Tsok)
Translated & edited by Martin Willson

In 1974, Lama Yeshe put together this Heruka Vajrasattva sadhana for Western students at Kopan; since then it has been used with great success by many students. The Tsok Offering was composed eight years later.

Both practices can be performed either daily or in retreat as powerful methods for clearing away mental obstructions to clarity and insight.

A DHATU translation
Nalanda Monastery, France, April 1984
English/Tibetan phonetics
anuttarayogatantra, A5, 44pp
£2.75/$4.75 *S223*

Also available in Tibetan
£2.50/$3.95 *S224*

A Wisdom Advanced Sadhana · Blue Series

MEDICINE BUDDHA SADHANA
Translated by Lama Zopa Rinpoche
Edited by Thubten Gyatso

The seven Medicine Buddhas vowed to work for the temporal and ultimate happiness of all sentient beings especially during the time when the teachings of Shakyamuni Buddha are in decline. The practice is especially beneficial for the sick and dying.

Kopan, Nepal, 1980
English
210 x 115 mm, 20pp
£1.50/$2.95 *S225*

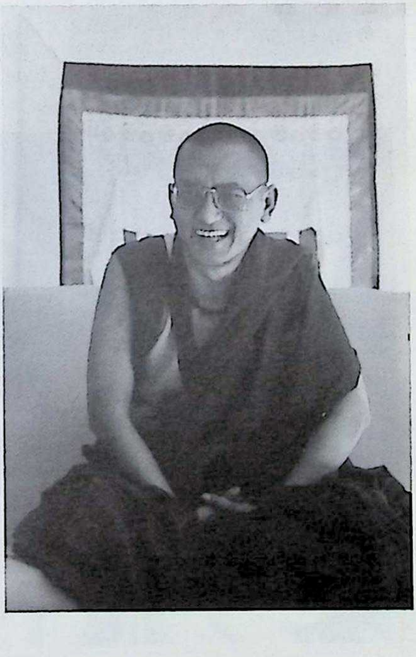
A Wisdom Advanced Sadhana · Blue Series

A PROFOUND METHOD FOR QUICKLY REALIZING THE GRADUATED PATH TO ENLIGHTENMENT
Translated by Lama Zopa Rinphoche
Edited by Thubten Angmo & Thubten Yeshe

English-only version of the short *Jor-chö* puja, a recommended preliminary practice for meditating on the Graduated Path. Prepared from a translation by Lama Zopa Rinpoche and printed in the traditional Tibetan prayer sheet (*pe-cha*) format.

Manjushri Institute, England, 1978
English/Tibetan phonetics
300 x 80 mm, 74pp
£2.00/$3.25 *S226*

A Wisdom Basic Sadhana · Orange Series



New Wisdom prayer book

RITES AND PRAYERS

An FPMT Manual

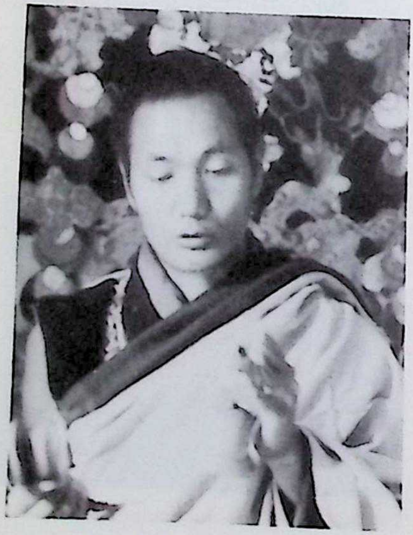
Edited and translated by Martin Willson

The need for a comprehensive manual of the prayers and rites most commonly used within the FPMT, translated and phonetically transcribed accurately and consistently, has long been felt. DHATU, Wisdom's Dharma Translation Unit, brings us this present edition in one collective volume.

The collection includes some prayers and recitations common to all schools of Tibetan Buddhism, or even more widely, some common in Gelukpa monasteries, and some special to the FPMT. Found among the many rites and prayers of all different lengths are *The Lama Ch'öpa* and *The Six Session Yoga* as well as various rites of Tara, Heruka, Vajrasattva and Yamantaka.

1985. 430pp
£10.00/$17.50 S229

A Wisdom Advanced Prayer Book · Blue Series



New Wisdom tapes

Lama Zopa Rinpoche
THE FIVE POWERS

"Remember bodhicitta when you are happy. When you are suffering remember bodhicitta. Even when you are sick remember bodhicitta. Even when you die remember bodhicitta."

Lama Zopa Rinpoche explains how the essential Mahayana practice of the Five Powers – continual mindfulness of bodhicitta – can help prepare the mind for the time of death.

Manjushri Institute, England, October 1985
Medium, 2 tapes C60
£5.00/$10.00 *R014*

A Wisdom Basic Tape · Orange Series

Wisdom tapes

Lama Yeshe
ANXIETY IN THE NUCLEAR AGE

"Nuclear war is the product of the human mind ... All of us do have the capacity to control our individual minds. I believe all human beings have loving kindness, so if we trust each other there will be no nuclear catastrophe."

Lama explains why the surest way of securing world peace is by learning to control our own minds.

Berkeley, USA, July 1983
Fair, 1 tape C90
£3.00/$5.00 *R001*

A Wisdom Basic tape · Orange Series

Lama Yeshe
CITTAMANI TARA

Essential advice for practising the *anuttarayogatantra* sadhana of Cittamani Tara.

Manjushri Institute, England, August 1979
Medium, anuttarayogatantra, 8 tapes C90
£24.00/$40.00 *R002*

Wisdom Advanced Tapes · Blue Series

His Holiness the Fourteenth Dalai Lama, Adrian Feldman, Elisabeth Drukier
EXPERIENCE OF TRANSITION
Interviewed by Jon Landaw and Geoff Jukes

Three short interviews concerned with the introduction of Tibetan-style Buddhism to the West. (More details under *Wisdom films*.)

Istituto Lama Tsong Khapa, Italy/Institut Vajra Yogini, France October 1982
Medium, 1 C60 cassette
£2.50/$4.00 *R003*

A Wisdom Basic Tape · Orange Series

Lama Yeshe
EXTRACTING THE ESSENCE 1 & 2
Interviewed by Geoff Jukes/Brian Beresford

Two dynamic interviews of Lama Yeshe relating the history and evolution of his involvment with Western students and the FPMT dharma centres. Full of practical advice and suggestions on how to extract the essence of the Buddha's teachings and truly integrate Buddhism into our Western way of life. (More details under *Wisdom films*.)

Istituto Lama Tzong Khapa, Italy, Oct 1982
Medium, 2 C90 cassettes,
£6.00/$10.00 *R004*

Wisdom Basic Tapes · Orange Series

Lama Yeshe
HERUKA VAJRASATTVA

Introduction to the initiation of Heruka Vajrasattva. (More details under *Wisdom transcripts*.)

Vajrapani Institute, USA, July 1983
Medium, anuttarayogatantra, 1 C60 cassette
£2.50/$4.00 *R005*

A Wisdom Advanced Tape · Blue Series

Lama Yeshe
HERUKA VAJRASATTVA TSOG OFFERING PUJA

The Heruka Vajrasattva Tsog Offering puja led by Lama Yeshe. (More details under *Wisdom transcripts*.)

Geneva, Switzerland, October 1983
Medium, anuttarayogatantra, 1 C60 cassette
£2.50/$4.00 *R006*

A Wisdom Advanced Tape · Blue Series

Lama Zopa Rinpoche
JOR-CHÖ PUJA

Lama Zopa chanting an abridged version of the *Jor-Chö* puja in Tibetan. (An abbreviated translation of the *Jor-chö* puja is offered in the *prayers & sadhanas* section, under *A Profound Method for Quickly Realizing the Graduated Path to Englightenment*.)

Vajrapani Institute, USA, March 1977
Medium, 1 C60 cassette
£2.50/$4.00 *R007*

A Wisdom Basic Tape · Orange Series

Lama Yeshe, Lama Zopa Rinpoche & Geshe Tekchok
LAMA CHÖPA PUJA

Recording of the profound guru yoga offering ritual chanted in Tibetan.

Manjushri Institute, England, August 1979
Medium, 1 C90 cassette,
£3.00/$5.00 *R008*

A Wisdom Basic Tape · Orange Series

Lama Yeshe
LIFE, DEATH AND AFTER DEATH

Edited discourses of Lama Yeshe's last teaching in the West – a course of the Buddhist experience of life, death and after death. (More details under *Wisdom transcripts*.)

Geneva, Switzerland, October 1983
Medium, 4 C90 cassettes
£12.00/$20.00 *R009*

Wisdom Basic Tapes · Orange Series

Lama Zopa Rinpoche
MEDITATIONS ON THE PATH & THE EIGHT VERSES OF THOUGHT TRANSFORMATION

"Dharma is not just intellectual understanding. Dharma, the teaching on the stages of the Path to Englightenment, is to generate realizations; that is the main point."

Lama Zopa teaches the preliminary meditations of the Graduated Path and the short text by Geshe Chekawa on thought transformation which shows how to transform every action of body, speech and mind into the cause of enlightenment.

Chenrezig Institute, Australia, Sept 1979
Medium, 17 C90 cassettes, £50/$85.00
Meditations of the Path, 7 C90 cassettes
£21.00/$35.00 *R010*

The Eight Verses, 10 C90 cassettes,
£30.00/$50.00 *R011*

Wisdom Basic Tapes · Orange Series

Lama Zopa Rinpoche
TRANSFORMING UNHAPPINESS

"If we want perfect mind peace we should renounce self completely and one-pointedly cherish others."

Lama Zopa explains why both happiness and suffering come from our own mind, and how, by giving up our selfish attitude and caring only for others, we can experience true happiness.

Geneva, Switzerland, October 1983
Fair, 1 C90 cassette
£3.00/$4.00 *R012*

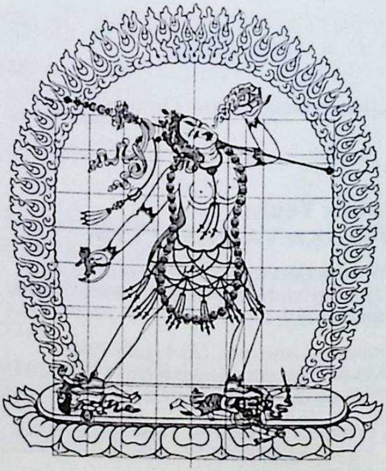
A Wisdom Basic Tape · Orange Series

Lama Yeshe
VAJRA YOGINI

A complete set of tapes from the first course of teachings given by Lama Yeshe on the *anuttarayogatantra* practice of Vajra Yogini. (More details under *Wisdom transcripts*.)

Chenrezig Institute, Australia, Sept 1979
Fair, anuttarayogatantra, 12 C90 cassettes
£35.00/$60.00 *R013*

Wisdom Advanced Tapes · Blue Series



Part Two
Other Publishers

Ole Nydahl
ENTERING THE DIAMOND WAY
My Path Among the Lamas

When Ole and Hannah Nydahl set out on their honeymoon to Nepal in the spring of 1968, they did not suspect they were beginning a spiritual odyssey.

Their exciting travels to the peaks of the Himalayas led them to experience the skilful teachings of numerous Tibetan lamas, who helped transform their lives into "limitless clarity and joy."

From their first contact with Tibetan Buddhism in Kathmandu – a lama with extraordinary psychic powers – Ole and Hannah encountered a full spectrum of the Buddhist view. Their training with some of the highest lamas of the Kagyu lineage led to initiation in their teachings and practices.

Their real aim in writing this book is "to form a bridge between two worlds, and especially to share with all who are looking for their true being ... an introduction to a time-proven way to Enlightenment."

1985. 256pp, 220 x 140mm, 16 full colour and 60 B/W photos, bibliography, list of meditation centres, 0 931892 03 1
£9.95/$12.95 *B795*

Nyanaponika Thera
ABHIDHAMMA STUDIES
Researches in Buddhist Psychology

Bold and brilliant essays exploring the psychological and philosphical foundations of the Abhidhamma. Shows a practical relevance to the spiritual life.

Fourth Printing 1985. 126pp, 140 x 210 mm
£3.75/$5.00 *B801*

Basic Buddhism

Piyadassi Thera
THE BUDDHA'S ANCIENT PATH

A prominent monk of Sri Lanka, well known in both East and West, explains the central teaching of Buddhism, focusing on the Four Noble Truths and the Noble Eightfold Path. In a lively and inspired style, he explores the path in detail, citing many illustrative stories from the canon and commentaries.

1979. 240pp, 210 x 140mm.
£5.50/$7.50 *B764*

Basic Buddhism

Nyanatiloka Mahā Thera
THE BUDDHA'S PATH TO DELIVERANCE
A Systematic Exposition in the Words of the Sutta Pitaka

Larger in size and more advanced in treatment than *The Word of the Buddha*, this book arranges the Buddha's discourses into the threefold framework of Morality, Concentration, and Wisdom and the Seven Stages of Purity. The selections, giving full coverage to both serenity and insight meditation, gain further light from the translator's own authoritative explanations.

Fourth printing, 1982. 200pp, 185 x 125mm.
£3.75/$5.00 *B766*

Basic Buddhism

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They have been reproduced in full colour on high gloss art card and feature an explanation on the reverse side of each print. They are available individually or as a set, and will be sent to you flat and enclosed in a protective folder.

Individual prints 95p/$1.95 each
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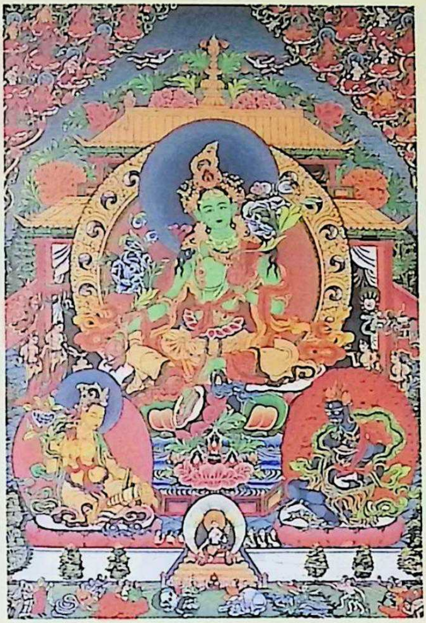
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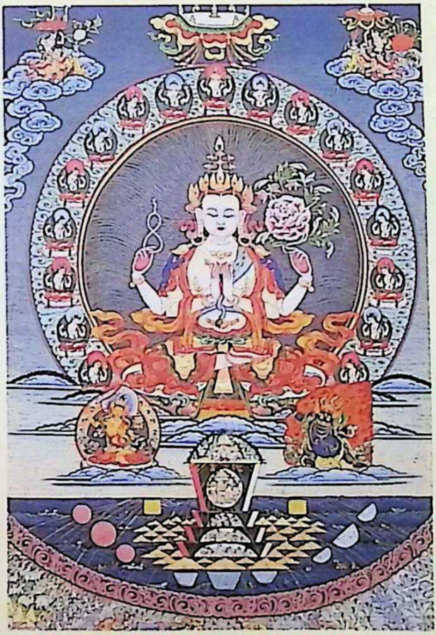
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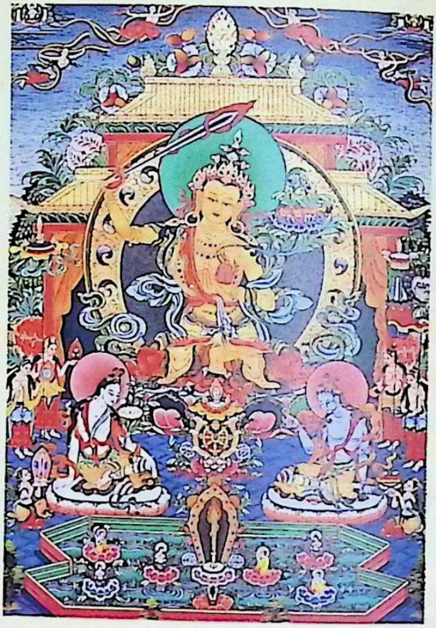
WISDOM PRINTS

1 Green Tara
2 Four-armed Chenrezig
3 Manjushri
4 Thousand-armed Chenrezig
5 White Tara
6 Maitreya
7 Wheel of Life
8 Guru Tree

The paintings for the first six prints were produced over a two year period in south India by contemporary Tibetan artist A-la Rig-ta. They were especially commissioned and donated to Wisdom Publications to raise money for the publication of dharma.

The paintings for the last two prints, owned by English artist Robert Beer, were probably painted early this century; the artist is unknown.



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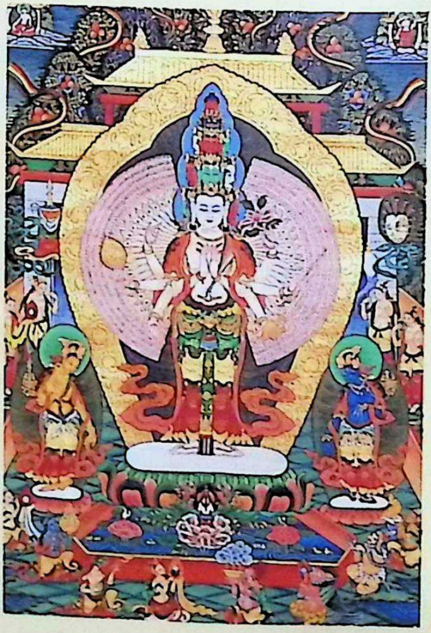

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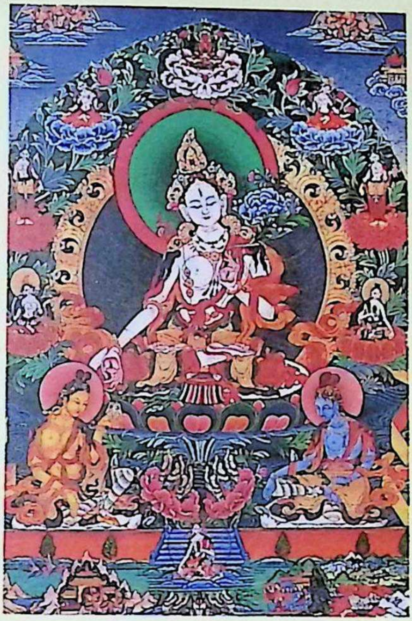
WISDOM PRINTS



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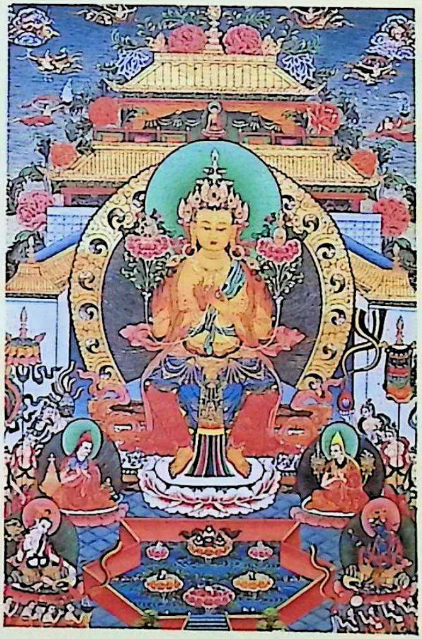

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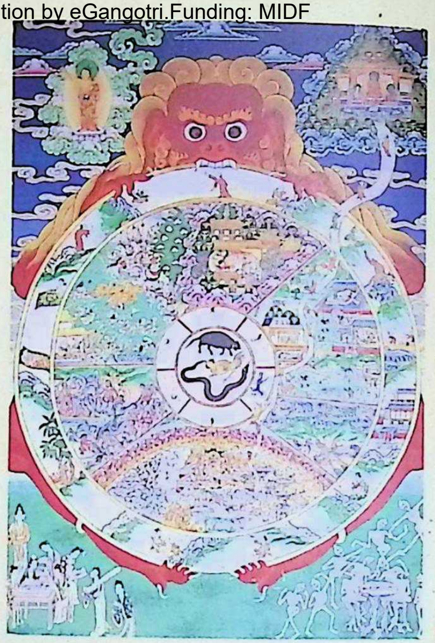
WISDOM
PRINTS



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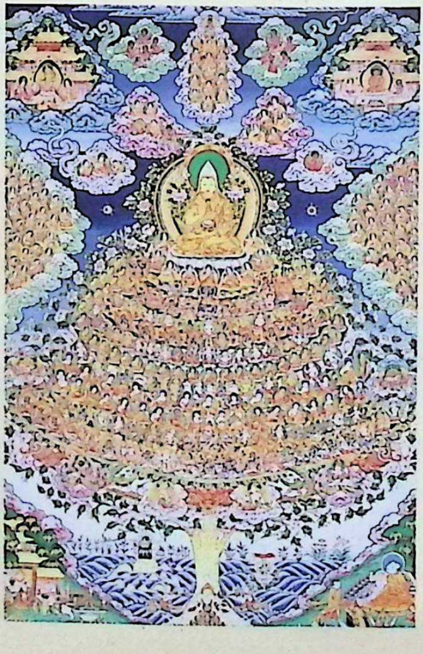

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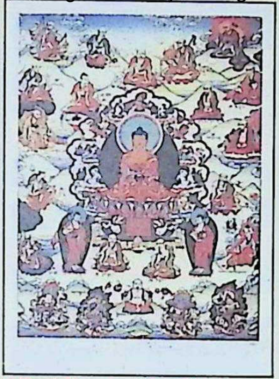
WISDOM POSTERS

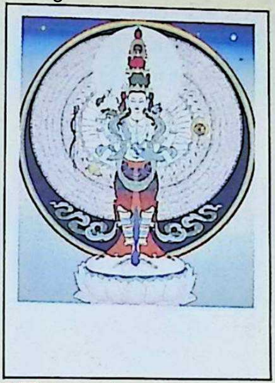
A series of full colour posters of some of the most popular aspects of the Buddhas, painted by well known Tibetan and Western artists.

Numbers 1 to 5 measure 595 mm × 435 mm and are printed on 115 gsm gloss art paper; number 6 measures 700 mm × 500 mm and numbers 7 and 8 590 mm × 450 mm, and are printed on 135 gsm matt art.

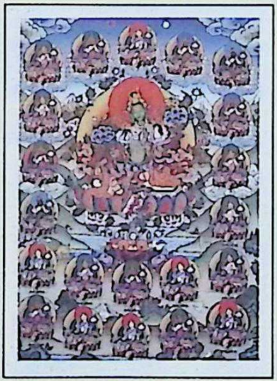
Numbers 1 to 4: £2/$5 each. (Add 15% VAT for UK orders)



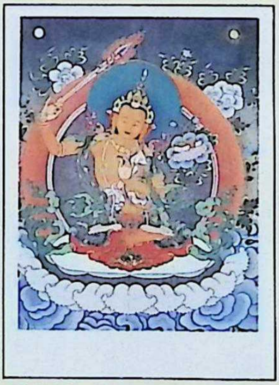
1 Buddha and the Sixteen Arhats
The sixteen arhats depicted here were all special disciples of Buddha himself. They promised to help protect and propagate the buddhardharma. *Andy Weber*



2 Thousand-armed Avalokiteshvara
Here, Avalokiteshvara's thousand arms symbolize the limitless extent of his compassionate determination to work for all beings, and his thousand eyes that he is always looking to see what had to be done. *Peter Iseli*



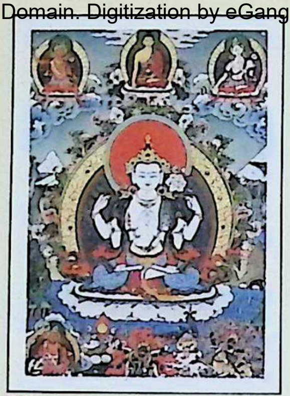
3 Tara and the Assembly of Twenty-one Taras
Tara represents the entire range of enlightened activity. She is known as the great liberator, the swift heroine, the mother of all the Buddhas. Here she is surrounded by twenty one aspects of herself, wrathful and peaceful. *Andy Weber*



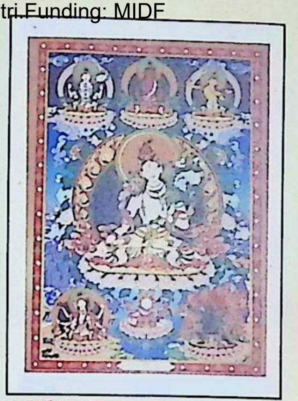
4 Manjushri
Here, the Buddha of wisdom brandishes the fiery sword of wisdom in his right hand and holds the sutra, *The Perfection of Wisdom*, in his left. *Andy Weber*

WISDOM POSTERS

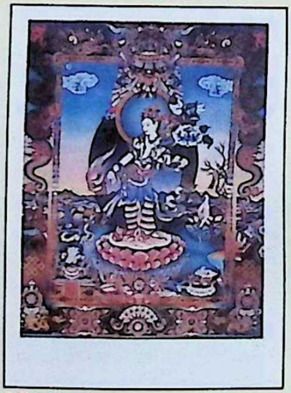
Number 5: £2/$5
Number 6: £8.95/$13.95
Number 7 & 8: £2.50/$6
(Add 15% VAT for
UK orders)



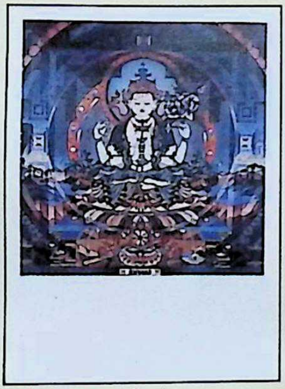
5 Four-armed Avalokiteshvara
This is the most popular aspect of the Buddha of compassion. He is surrounded by Manjushri, Shakyamuni Buddha and White Tara; Nam.se, a deity of wealth, Mahakala, a wrathful aspect of Avalokiteshvara, and Palden Lhamo. *Jampala*



6 White Tara
A silk screen poster, handprinted in 13 colours. White Tara is surrounded by Amitayus, Usnivijaya, Vajrapani, Manjushri and Chenrezig. *Robert Beer*



7 Padmapani
Lotus-bearer; one of the 108 forms of Avalokiteshvara as a bodhisattva. *Robert Beer*

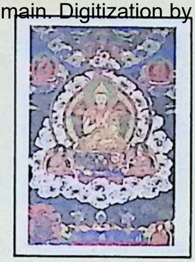


8 Four-armed Avalokiteshvara
Robert Beer

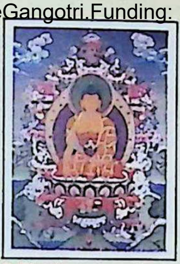
WISDOM CARDS

A series of full colour cards by Tibetan and Western artists. The cards are laminated to give a high gloss finish and measure 120 mm × 155 mm; envelopes included.

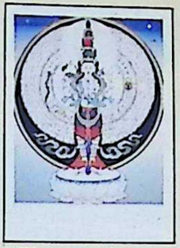
35p/75cents each; for a set of 9 cards 30p/70 cents each (Add 15% VAT for UK orders)



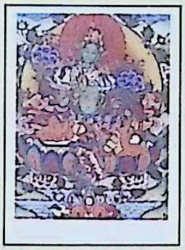
1 Tzong Khapa
Fifteenth century Tibetan yogi and scholar.



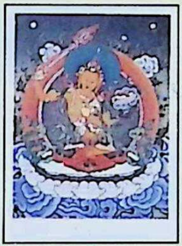
2 Shakyamuni Buddha
The fifth century BC founding Buddha.



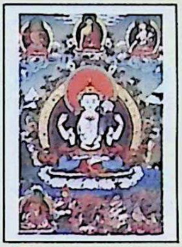
3 Thousand-armed Avalokiteshvara
The Buddha of compassion.



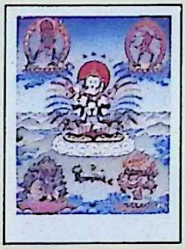
4 Green Tara
The central figure from the painting of Tara and the Assembly of 21 Taras.



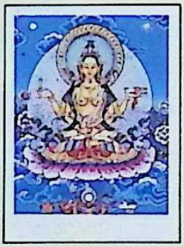
5 Manjushri
The Buddha of wisdom.



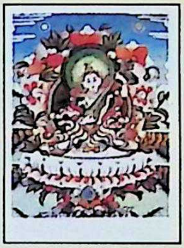
6 Four-armed Avalokiteshvara
The central figure from the painting by Jampala.



7 Vajrasattva
The Heruka aspect.



8 Prajnaparamita
The Mother of wisdom.



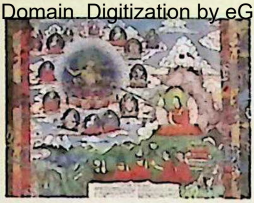
9 Sarasvati
The Buddha of artistic achievement.

WISDOM CARDS

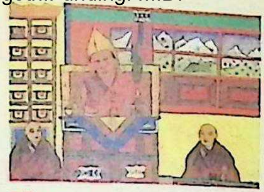
A series of full colour greeting cards featuring paintings by the young monks of Mount Everest Centre, Kathmandu, Nepal. Number 1 is painted by their Abbot, Lama Thubten Zopa Rinpoche.

The cards are laminated and measure, folded, 130 mm × 180 mm; envelopes included.

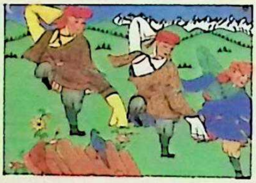
40p/85 cents each; available packed as a set of 9 cards: £3.15/$6.75 (Add 15% VAT for UK orders)



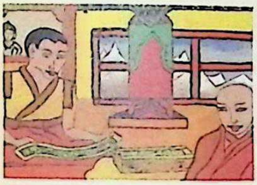
1 The vision of Lama Tzong Khapa



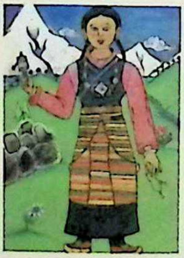
2 Lamas doing puja



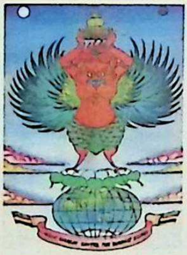
3 Dancing Tibetans



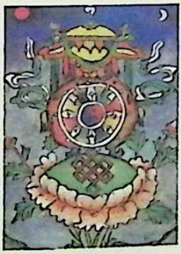
4 Monks reading scriptures



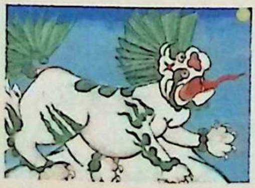
5 Sherpa lady



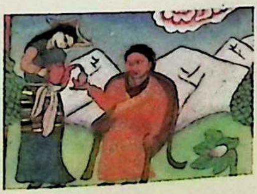
6 Garuda



7 Eight auspicious symbols



8 Snow lion



9 Craving

Stanley Rice
THE BUDDHA SPEAKS HERE AND NOW

Fundamental Buddhist scriptures are interpreted and explained in contemporary idiom, to help make the suttas accessible to people today. Contains reformulations of the Fire Sermon, the Discourse on No-self, the Foundations of Mindfulness, Ideal Solitude, etc.

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£4.50/$6.00 *B780*

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Nyanatiloka Maha Thera
BUDDHIST DICTIONARY

A Manual of Buddhist Terms and Doctrines
Edited by Nyanaponika

Authentic, clear explanations of all key Theravada Buddhist terms and doctrines, arranged alphabetically and accompanied by textual references. An indespensable aid for the serious student of Theravada Buddhism.

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CONCEPT AND REALITY IN EARLY BUDDHIST THOUGHT

An important original work of Buddhist philosophy, dealing with the problem of *conceptual proliferation*, the mind's tendency to distort reality through its own conceptual activity. The book contains profoundly illuminating remarks on obscure passages from the canon, and has significant implications for philosophy, psychology and ethics.

Second edition, 1976. 154pp, 210 x 140mm.
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THE DHAMMAPADA

The Buddha's Path of Wisdom
Translated from the Pali by Acharya Buddharakkhita. Introduction by Bhikkhu Bodhi.

The most beloved Buddhist classic of all time, the *Dhammapada* is an anthology of over 400 verses on ethics, meditation, and wisdom of Buddhism. This translation by a long-term student of the work transmits the spirit and content as well as the style of the original.

1985. 82pp, 160 x 110mm.
£2.25/$3.00 *B787*

Basic Budhism

Francis Story
DIMENSIONS OF BUDDHIST THOUGHT
Collected Essays
Collected Writings; Volume III

This volume brings together the author's numerous contributions to the BPS's *Wheel* and *Bodhi Leaves* series. This publication, with its rich and variegated contents, may well serve as a stimulating introduction to Buddhist teachings and their application to many fields of knowledge and conduct.

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£5.50/$7.50 *B777*

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The Brahmajala Sutta and its Commentaries
Translated from the Pali by Bhikkhu Bodhi

The *Brahmajala*, one of the Buddha's longest and most important discourses, captures all speculative views on the self and the world. The inclusion here of the massive commentary and subcommentary allows for a close, in-depth study of the work. The long introduction is itself a modern philsophical commentary on the sutta .

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Advanced Texts

THE DISCOURSE ON THE ROOT OF EXISTENCE
The Mulapariyaya Sutta and its Commentaries
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This profound and difficult discourse of the Buddha aims at exposing and eliminating the concept of the ego at its most fundamental level. The commentary explains the sutta's terse, pithy statements; the introduction explores the origin, structure, and dissolution of the ego-consciousness in the teaching of the Buddha.

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£3.25/$4.40 *B772*

Advanced Texts

THE GREAT DISCOURSE ON CAUSATION
The Mahanidana Sutta and its Commentaries
Translated from the Pali by Bhikkhu Bodhi

The *Mahanidana* sutta is the Buddha's longest discourse on dependent arising, often taken to be the key to his entire teaching. The commentary treats this doctrine according to the Abhidhamma method, explained in an appendix. A penetrative introduction lays bare the sutta's structure and the significance of dependent arising.

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THE LIFE OF THE BUDDHA
According to the Pali Cannon

Composed entirely from texts of the Pali Cannon, the oldest authentic record, this book portrays an image of the Buddha which is vivid, warm and moving. Chapters on the Buddha's personality and doctrine are especially illuminating, and the translation is marked by lucidity and dignity throughout.

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£6.50/$9.00 *B763*

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THE MAGIC OF THE MIND
An Exposition of the Kalakarama Sutta

The author begins with a humourously conceived parable of a magic show, followed by an annotated translation of the short but momentous Kalakarama Sutta. His penetrative exposition of the sutta, centred in the illusory nature of consciousness, explores this theme in relation to sense perception, dependent arising, arahatship and Nibbana.

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Abhidhammattha Sangaha
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In all lands of Theravada Buddhism, this manual is used as the basic introductory text for the study of Abhidhamma, the higher Buddhist doctrine on mind and mental processes. The present volume contains the original Pali text with a full translation. The translator's numerous explanatory notes will prove extremely helpful for understanding this deep and complex subject.

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Anapanasati
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This book brings together the most important suttas from the Pali Canon and extracts from the commentaries dealing with the meditation practice of mindfulness and breathing.

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Basic Buddhism

THE PATH OF FREEDOM
Vimuttimagga
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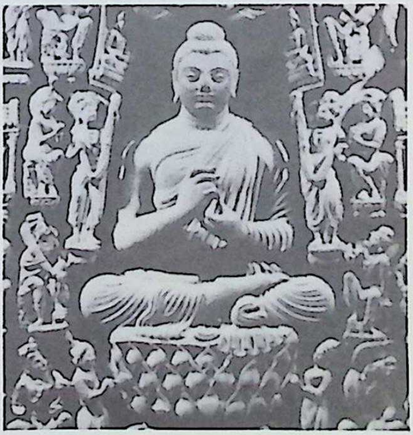
Probably written in Pali in Sri Lanka during the first century AD, the *Vimuttimagga* survived only in Chinese translation, from which the present rendering has been made. Ascribed to the Arahat Upattissa, the work is a meditation manual similar to the *Visuddhimagga*, but less analytical and more practical in its treatment of meditation.

1977. 363pp, 260 x 170mm.
£7.25/$10.00 *B770*

Advanced Texts



THE PATH OF PURIFICATION
Visuddhimagga
Translated from the Pali by Bhikkhu Nanamoli

The *Visuddhimagga* is by far the most important non-canonical work of Theravada Buddhism. Written in the fifth century by Acariya Buddhaghosa, the book serves as a systematic encyclopaedia of Buddhist doctrine and a comprehensive guide to all methods of meditation. The translation by Venerable Nanamoli itself ranks as an outstanding scholarly achievement; a long introduction gives the historical and doctrinal background to the work.

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Basic and Progressive Stages

One of Burma's outstanding contemporary meditation masters gives basic instructions on the practice of insight meditation followed by a brief account of the development of insight.

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Essays on the Buddhist doctrine of rebirth, along with investigated cases of spontaneous memories of former lives; all of these make fascinating reading. Some case reports were co-authored with Professor Ian Stevenson of the University of Virginia.

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Edited by Nyanaponika Maha Thera

Published to commemorate the BPS's Silver Anniversary, this anthology compiled from BPS literature issued over the past 25 years, serves as a comprehensive and reliable introduction to Theravada Buddhism. The selections from various authors highlight, from diverse perspectives, such central teachings as the Four Noble Truths, the Three Signs of Existence, Nibbana, Buddhist ethics, mediation etc.

1982. 240pp, 210 x 140mm.
£3.75/$5.00 *B767*

Basic Buddhism

Matara Sri Nanarama Mahathera

THE SEVEN STAGES OF PURIFICATION AND THE INSIGHT KNOWLEDGES

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1983. 82pp, 210 x 140mm.
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THE WAY OF MINDFULNESS

The Satipatthana Sutta Commentary
Pali texts translated by Soma Thera

A translation of the *Satipatthana Sutta*, the *Discourse on the Foundations of Mindfulness*, together with its commentary and extracts from the sub-commentary; contains all the essential source material on the meditative practice of right mindfulness.

Fifth revised edition, 1981. 155pp, 210 x 140mm.
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Nyanatiloka Maha Thera

THE WORD OF THE BUDDHA

An Outline of the Buddha's Teaching in the Words of the Pali Canon

This work by the eminent German scholar-monk is probably the best compact source book in English on the Buddha's basic teachings. Translated into a dozen languages, it is now in its 16th English edition.

Sixteenth printing, 1981. 100pp, 180 x 125mm.
£1.75/$2.40 *B765*

Basic Buddhism

Geshe Lhundub Sopa, Roger Jackson and John Newman

THE WHEEL OF TIME

The Kalachakra in Context
With a foreword by His Holiness the Dalai Lama
Edited by Beth Simon

The Kalachakra or "Wheel of Time" is one of the most profound and sublime of the Buddhist tantric systems. It is an intricate interweaving of astrology, eschatology, physiology and yoga into a meditational path system that both embraces the entire material universe, and leads to complete, perfect enlightenment.

The Kalachakra, with its special connection to the land of Shambhala and a future golden age of Dharma, has a special appeal for people of all levels of learning and practice; initiation into its practices traditionally have been large public events, especially when granted by a Dalai Lama.

Initiation into the Kalachakra Tantra has been given with increasing frequency in recent years, but information on this complex system and practice remains sparse. *The Wheel of Time* attempts, in part to fill the gap. The book opens with a Foreword by His Holiness the Fourteenth Dalai Lama. Then, the five articles discuss, respectively, the Buddhist background, history, initiaton rites, generation-stage sadhana, and completion-stage practices of the Kalachakra Tantra. Each article is accessible to the non-specialist reader interested in Budhism, to the aspiring practitioner, and to the scholar as well.

1985. 180pp, 215x140mm.
£8.25/$10.95 *B720*

Roger Hicks and Ngakpa Chogyam
GREAT OCEAN
An authorised biography of the Dalai Lama

This biography of the Dalai Lama is compiled from numerous sources, including long talks with His Holiness himself, with his pupils and family, with people who were with him on the flight from Tibet, and with Tibetans living in Dharamsala, the seat of their government-in-exile in Northern India.

The book is illustrated with photographs, some taken by the authors themselves, and some, both published and unpublished, from Tibetan and Indian office files.

1984. 220pp, 234 x 156 mm, 30 b/w photographs, bibliography, index.
0 906540 31 3
£5.95/$10.95

B707

Chögyam Trungpa
MEDITATION IN ACTION

The author comes from the teaching tradition of the great Marpa and Milarepa and, as he recounts in *Born in Tibet*, has had to meet extremely difficult external conditions of life. Here he speaks simply and directly about insights and problems on the inner path in a way that carries illumination well beyond the context of specifically Buddhist practice.

74pp, 214 x 138mm. 0 722401 05 1
£4.50/$8.95

B730

Chogay Trichen
THE HISTORY OF THE SAKYA TRADITION
Translated from the French by Jennifer Stott; introduced and annotated by David Stott

In this introduction to the Sakyapa school of Tibetan Buddhism, Chogay Trichen, head of the Tshar branch of the tradition, gives a vivid account of Sakyapa history: from its Indian forefathers, yogis such as Virupa and Krishnacharya, through the early years in Tibet, to the meditation masters and scholars who adorn the tradition today.

Chogay Trichen Rinpoche is currently Abbot of the Sakyapa monastery at Lumbini, Nepal.

1983. 78pp, 215 x 145 mm, illustrations.
0 950 9119 0 9
£3.75/$5.95

B705

The Institute for Advanced Studies of World Religions

C. T. Shen

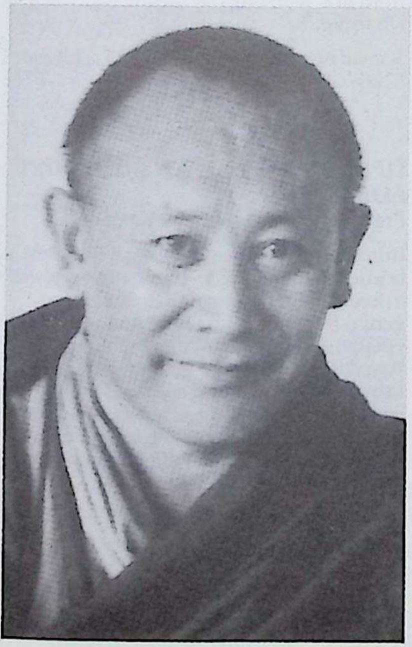
MAYFLOWER II

On the Buddhist Voyage to Liberation

Entrance onto the Buddhist path recalls the venturesome spirit of the American forefathers, who voyaged on the vessel Mayflower in order to escape a situation of oppression, crossed a stormy and unknown sea, and eventually discovered a land of freedom and opportunity.

In this collection of lively and provocative talks, a range of Buddhist concepts are discussed in a straightforward manner. Drawing examples from physics, psychology, and current events, as well as from traditional texts, Dr Shen demonstrates how the principles of Buddhism remain relevant to the experiences and issues of modern life.

1983. 200pp, Sanskrit/English glossary.
0 915078 03 1
£3.95/$4.95 *B710*



Library of Tibetan Works and Archives

The Dalai Lama

ADVICE FROM BUDDHA SHAKYAMUNI

This important work, by His Holiness the Dalai Lama on the disciplines to be observed at all times by the monks and nuns following the Tibetan Buddhist tradition is based on the *Intermediary Verses* of the *Vinaya Sutra*.

1982. 71pp, 215 x 135mm.
£1.95/$3.95 *B756*

Chandrakirti

ANALYSIS OF GOING AND COMING

Translated by Jeffrey Hopkins in accordance with instruction from Kensur Ngawang Legden

The second chapter of Chandrakirti's *Clear Words (Prsannapada)* a commentary to Nagarjuna's *Fundamental Treatise on the Middle Way, Mulamadhyamakarika*, which takes the actvity of going and coming as an object of ultimate investigation and analysis.

1974. 28pp, 215 x 135mm.
95p/$1.75 *B736*

Geshe Ngawang Dhargyey

AN ANTHOLOGY OF WELL-SPOKEN ADVICE

On the Graded Paths of the Mind

Edited by Alexander Berzin
Volume 1

This compendium from more than ten years of oral teachings on the graded paths of the mind follows primarily the great Lam-rim texts of Tsong Khapa and Kyabje Pabongka. This first volume presents the preparation and initial level practices such as developing a whole-hearted commitment to a spiritual mentor, an appreciation of the precious human life, a realistic attitude towards death and what might follow, and then taking a safe and sound direction in life through respecting the laws of behaviour and its results.

1982. 441p, 215 x 135mm.
£10.25/$16.25 *B759*

The Dalai Lama
ARYASURA'S ASPIRATION and A MEDITATION ON COMPASSION
Translated by Brian Beresford

The first text, a Bodhisattva's aspirational prayer in seventy stanzas by the first century Indian poet Aryasura, is supplemented by a rare commentary based on that of Gedun Drub, the second Dalai Lama. The second section by H. H. the present Dalai Lama includes a reprint of the sadhana *The Inseparability of the Spiritual Master and Avalokiteshvara* and a translation of an inspiring discourse on the activation of compassion and bodhicitta, the essential practices of Mahayana Buddhism. Tibeten text included.

1979, 1981. 176pp, 215 x 135mm.
£3.95/$6.75 *B748*

Sakya Dragpa Gyaltsen
CANDRAGOMIN'S TWENTY VERSES ON THE BODHISATTVA VOW AND ITS COMMENTARY
Translated by Dr Mark Tatz

This covers not only a discussion of the basic vow, but also explains the arrangement of the ceremony and provides guidelines for taking the vow. Both the root text and its commentary have been ably translated by Dr Mark Tatz according to an oral commentary given by Khenpo A-pad of the Sakya College.

1982. 74pp, 215 x 135mm.
£2.95/$4.95 *B758*

CHANDRAKIRTI'S SEVENFOLD REASONING
Meditation on the Selflessness of Persons
Translated and prepared by Joe Wilson

This text is confined mainly to an explanation of Chandrakirti's presentation of the sevenfold reasoning found in the *Clear Exposition of the Presentation of Tenets, a Beautiful Ornament for the Meru of the Subduers' Teaching* of Chang ka Hu Thog Thu Yeshe Tenpai Dron me (1717-1786) along with an explanation of the context of the sevenfold reasoning in Buddhist philosophy as a whole.

Second printing, 1983. 59pp, 215 x 135mm.
£1.95/$3.95 *B740*

A-kya Yong-dzin Yangchen Gawai Lodro
A COMPENDIUM OF WAYS OF KNOWING
Translated and edited by Sherpa Tulku and Alexander Berzin

A clear mirror of what should be accepted and rejected with commentary compiled from oral teachings by Geshe Ngawang Dhargye.

Second printing, 1980. 67pp, 215 x 135mm.
£2.95/£4.95 *B741*

DEBATE IN TIBETAN BUDDHIST EDUCATION
Prepared and translated by Dan Perdue

Introductory debate in Tibetan Buddhism is intended as a guide-book for beginners interested in Tibetan debate and more generally in Buddhist logic and epistemology. This work contains a translation of the first chapter of an introductory debating manual, the presentaton of collected topics revealing the meaning of texts on *Valid Cognition, the Magical Key to the Path of Reasoning* by Pur-bu-jok Jam-ba gya-tso.

Second printing, 1981. 110pp, 215 x 135mm.
£3.25/$5.25 *B745*

NAGARJUNA'S A DROP OF NOURISHMENT FOR PEOPLE and its commentary THE JEWEL ORNAMENT

Translated by Stanley Frye

Its Tibetan translation from Sanskrit consists of ninety verses that succinctly delineate the Buddhist attitude towards life and lives. Translated from its Mongolian edition by Dr Stanley Frye, it is supplemented with legends and fables, the law of karma, and emphasizes the importance of cultivating compassion and virtue and subjugating sin and selfishness.

1981. 63pp, 215 x 135mm.
£1.95/$3.95 *B742*

Jig-me Ling-pa
DZOGCHEN: INNERMOST ESSENCE PRELIMINARY PRACTICE

Translated with commentary by Tulku Thondup
Edited by Brian Beresford

The *Long-Chen Nying-Thig Ngon-Dro* is the basis of practice in the Nyingma tradition. This translation includes a comprehensive commentary plus a succinct analysis of the paths of meditations of sutra and tantra according to the Nyingma classification of the Nine Vehicles.

1982. 129pp, 215 x 135mm.
£3.95/$6.75 *B753*

The Dalai Lama
FOUR ESSENTIAL BUDDHIST COMMENTARIES

A work compromising important commentaries provided by His Holiness the Dalai Lama on four noted Tibetan Buddhist texts by Thogs-med bzang-po, Tsong Khapa, Geshe Langri Thangpa and the Seventh Dalai Lama. Tibetan text included.

1983. 154pp, 215 x 135mm.
£3.95/$6.75 *B754*

FOUR ESSENTIAL BUDDHIST TEXTS

The four essential Buddhist texts included in this anthology are: *The Opening of the Dharma* by Jamyang Khyentse Rinpoche; *Foundation of Buddhist Meditation* by Venerable Kalu Rinpoche; *The Great Seal of Voidness* by the First Panchen Lama; and *A Key to Madhyamaka* by His Holiness the Fourteenth Dalai Lama.

1982. 117pp, 215 x 135mm.
£3.95/$6.75 *B751*

FOUR SONGS TO JE RINPOCHE

Translated from original Tibetan sources by Glenn Mullin with Lobsang Norbu Tsonawa
Illustrated by Kevin Rigby

This work contains four short texts written in verse form. Their subject is Lama Tsong Khapa (1357-1419), popularly known as Je Rinpoche, who studied under almost fifty lamas representing all schools of Tibetan Buddhism and eventually founded the Gelug tradition.

1978. 50pp, 215 x 135mm.
95p/$1.75 *B738*

Santideva
A GUIDE TO THE BODHISATTVA'S WAY OF LIFE

Translated by Stephen Batchelor

A new and precise verse rendition of one of Mahayana Buddhism's finest poetic treatises concerning the Bodhisattva's approach to life. The translation is based upon a commentary by the fourteenth century Tibetan saint, Thogme Zang-po, and contains a structural analysis of the crucial ninth chapter on the subject of discriminating awareness.

Second printing, 1985. 196pp, 215 x 135mm.
£4.95/$7.95 *B750*

Ngag-dbang Chos-'byor
JORCHÖ

The Six Preparatory Practices

The *Six Preparatory Practices Adorning the Buddha's Sublime Doctrine*, an English rendition of *sbyor-chos lhun-po'i mdzes-rgyan*. Translated by Losang C. Ganchempa and Karma Lekshe Tsomo.

1984. 53pp, 215 x 135mm.
£1.95/$3.95 *B760*

Geshe Ngawang Dhargyey
KALACHAKRA TANTRA

Translated by Allan Wallace
Edited by Ivanka Vana Jakic

This commentary by Geshe Ngawang Dhargyey contains explanations and advice concerning the various commitments and initial practices peculiar to the Kalachakra system within the context of Highest Yoga Tantra and Mahayana Buddhist practice in general.

1985. 180pp, 215 x 135mm.
£9.75/$15.95 *B761*

LIFE AND TEACHINGS OF TSONG KHAPA

Edited by Robert Thurman

Je Tsong Khapa (1357-1419) is revered as one of the most significant Tibetan Buddhist teachers whose eclectic and analytic studies and meditations in all the major schools of Tibetan Buddhism resulted in the founding of the Gelug system of the Tibetan Buddhist heritage.

For the first time, a number of extremely useful works by and on Tsong Khapa are brought together. Included are his biography, sutra and tantra stages of the path, insight meditation, and praises of and conversations with Bodhisattvas.

1982. 258pp, 215 x 135mm.
£6.75/$10.95 *B752*

Wang-ch'ug dor-je, the Ninth Kar-ma-pa

THE MAHAMUDRA

Eliminating the Darkess of Ignorance
Translated by Alexander Berzin

One of the most famous expositions of the Mahamudra or Great Seal meditational system on the nature of the mind. It covers both the preliminary practices as well as the actual Mahamudra meditations of mental quiesence *(samatha)* and penetrative insight *(vipasyana)*, and is accompanied by a commentary transmitted orally by Beru Khyentse Rinpoche, based on the teachings of his Guru, HH the Sixteenth Karmapa. Also included is the basic text of the correct attitude towards a tantric master, *The Fifty Stanzas of Guru Devotion*, by the first century Indian master Ashvaghosa, with an oral explanation by Geshe Ngawang Dhargye.

Second printing, 1981. 194pp, 215 x 135mm.
£4.95/$7.95 *B749*

MAHAYANA PURIFICATION

Translated and edited by Brian Beresford

A translation of extensive commentary to the main sutra and tantra practices of mental purification in Tibetan Buddhism, this book includes the *Sutra of Three Heaps* also known as *The Confession before the Thirty-five Buddhas* with excerpts from a Sashtra commentary by the Indian master Nagarjuna and the visualization and mantra recitation of *Vajrasattva*. Both practices are supplemented by verbally transmitted commentaries of the Tibetan lamas Geshe Ngawang Dhargye, Geshe Rabten, Thubten Zopa Rinpoche and Geshe Khyentse.

1980. 124pp, 215 x 135mm, illustrated.
£3.25/$5.25 *B734*

MEDITATIONS ON THE LOWER TANTRAS

From the collected works of the II, V, VII and XIII Dalai Lamas
Compiled and edited by Glenn Mullin

This work makes no attempt to deal with the philosophical aspects of the lower tantras. Rather, its aim is simply to present a range of meditation manuals from the first stage of these systems. It should be noted here that most practitioners of the higher tantras also practise the lower tantras either from time to time or as a lifetime daily meditational endeavour. The First Dalai Lama, for example, a renowned practitioner of the Kalachakra Tantra, was even more famous for his applications to the Tara and Amitayus systems. Almost every Tibetan yogi today practices a daily sadhana of one or more of the lower tantra deities dealt with here.

1983. 145pp, 215 x 135mm
£3.95/$6.75 *B757*

NAGARJUNA'S LETTER

With a commentary by the Venerable Rendawa Zhon-nu Lo-dro
Translated by Geshe Lobsang Tharchin and Artemus B. Engle

This famous letter of friendly advice to a king, composed during the first century AD, is presented together with a commentary by the renowned fifteenth century Sakya lama, Jetsun Randawa.

1979. 163pp, 215 x 135mm.
£4.95/$7.95 *B737*

Geshe Lam Rim

A NECKLACE OF GOOD FORTUNE

A series of instructions on past and future lives, actions and their results, by Geshe Lam Rim. Tibetan text included.

1984. 70pp, 215 x 135mm.
£2.95/$4.95 *B755*

Geshe Rabten

THE PRELIMINARY PRACTICES OF TIBETAN BUDDHISM

Translated by Gonsar Tulku with George Driessens

A verbally transmitted teaching elucidating the *ordinary* as well as the *extraordinary* practices which are prerequisite for anyone embarking on the higher meditations of Tibetan Mahayana Buddhism. The explanation is based on the root-text of the Duk-pa Kargyu Lama Padma Karpo.

Third printing, 1982. 70pp, 215 x 135mm.
£2.95/$4.95 *B735*

THE SUBLIME PATH OF THE VICTORIOUS ONES

A book of Mahayana Prayers

Compiled by the Office of HH the Dalai Lama and rendered into English by the translation bureau of LTWA

A book of Buddhist liturgies meant for recitation at places of Buddhist pilgrimage, at times of the year astrologically connected with the life of Buddha Shakyamuni, at public gatherings where such a rite is required, or as a daily reading practice for interested individuals.

1981. 88pp, 215 x 135mm.
£2.95/$4.95 *B743*

Geshe Ngawang Dhargyey

TIBETAN TRADITION OF MENTAL DEVELOPMENT

A compilation of lectures by the venerable Geshe Ngawang Dhargyey. Topics include: bodhicitta, renunciation, death awareness, ten bodhisattva bhumis, voidness, four buddhakayas and many more.

1985. 239pp, 215 x 135mm.
£4.95/£7.95 *B762*

SUTRA OF THE WISE AND THE FOOLISH

Translated by Stanley Frye

One of the great treasures of Buddhist literature, the *Sutra of the Wise and the Foolish* is known to the Mongols into whose language it was translated from the Tibetan, as the *Ocean of Narratives*. It has for centuries been an inexhaustible source of inspiration and pleasure for all who have read it. The history of this unusual scripture is still uncertain: legend has it that tales were heard in Khotan by Chinese from whose language it was translated into Tibetan, thence into Mongolian and Oirat.

1981. 245pp, 215 x 135mm.
£5.95/$9.75 *B746*

The Dalai Lama

UNIVERSAL RESPONSIBILITY AND THE GOOD HEART

The message of His Holiness the Dalai Lama of Tibet to the world, this book contains a wide selection of articles, interviews, answers to questions on Buddhism, politics, Universal Responsibility and the good heart from the various talks and writings of the Dalai Lama.

A revised and expanded edition, 1985. 215 x 135mm.
£3.95/$6.75 *B739*

THE WHEEL OF SHARP WEAPONS

Commentary by Geshe Ngawang Dhargye and rendered into English by the translation bureau of LTWA

One of the most important and influential texts the Mahayana training of the mind, it was composed by the great Indian yogi Dharmaraksita. From among his numerous disciples, Dharmaraksita transmitted these teachings to Atisha (982-1054) who transmitted the same to his greatest disciple, Drom Tonpa.

1976. 91pp, 215 x 135mm.
£2.95/$4.95 *B744*

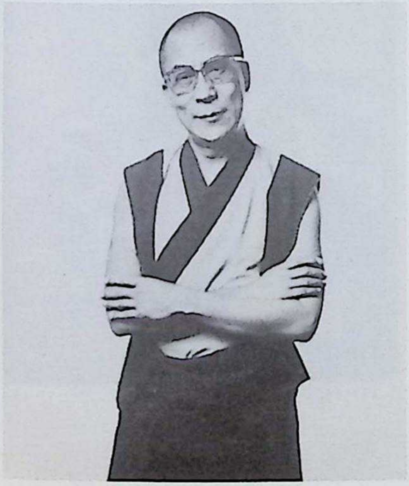
John F. Avedon
AN INTERVIEW WITH THE DALAI LAMA

John Avedon, author of *In Exile from the Land of Snows*,conducted this interview with the Dalai Lama during his first visit to the United States in 1979.

An Interview with the Dalai Lama presents an indepth portrait of the Tibetan leader's personal, political and religious views. Included are reminiscences of His Holiness's childhood and discovery, his thoughts on the need for a moral imperative in global affairs, as well as an unprecedented description of conditions in Chinese occupied Tibet. Among other topics discussed are dreams, memory, cults, the origin of life and the universe, and the development of the bodhicitta, the mind of enlightenment. The final chapter provides a vivid account of realizing emptiness, held in the Madhyamika school of Buddhism to be the ultimate nature of both beings and phenomena.

Photographs by Richard Avedon.

1980. 84pp, 2 b/w photographs, notes, bibliography. 0 937896 00 4
£5.95/$6.95 *B709*



ATISHA
Translated by Thubten Kalsang Rinpoche
Edited by John Blofeld

A translation of a Tibetan biography of this great tenth century Buddhist master. Born a prince in Bengal in 980, Atisha later became a monk and travelled eventually to Tibet where he was a powerful influence in the spread of Buddhism in that country until his death in 1052.

The stories are presented in typical Tibetan style, full of poetry and colour.

1983. 68pp, 215 x 135 mm. 0 86171 015 0
£1.95/$3.50 *B015*

Jeremy Russell
THE EIGHT PLACES OF BUDDHIST PILGRIMAGE

The Buddha said, "After my passing away, the new monks who come and ask of the doctrine should be told of these places and advised that a pilgrimage to them will help purify the previously accumulated negative karma, even the five hienous actions."

Jeremy Russell offers information and inspiration to all those interested in these places of vital spiritual and historical importance.

1981, 1985. 32pp, black & white photographs, 0 86171 037 1
£1.25/$2.25 *B037*

Geshe Rabten
THE GRADUATED PATH TO LIBERATION
Edited by Nicholas Ribush and Beth Simon

A concise traditional teaching outlining the path to liberation as refined a thousand years ago by Atisha; given by Geshe Rabten, a Tibetan lama and abbot of a monastery in Switzerland.

Included with the book is a fold-out diagram marking the stages in the achievement of single-pointed concentration.

1980, 1983. 64pp, 215 x 135 mm
0 86171 018 5
£2.50/$3.95 *B018*

Geshe Lobsang Tharchin
KING UDRAYANA AND THE WHEEL OF LIFE
The History and Meaning of the Buddhist Teaching on Dependent Origination

The Wheel of Life, with its depiction of the beings of the world caught in the grasp of death, is a traditional painting familiar to every student of Tibetan Buddhist art. Yet the wonderful events leading to its creation, the fact that it was designed by the Buddha himself, and the precise meaning of the Wheel are perhaps not so widely known. This is the reason for the present work. Its history, explanation of dependent orgination, teachings on the symbolism of the Wheel and complete related Tibetan texts are included.

1984. 264pp, glossary, bibliography, illustrations.
0 918753 06 6
£7.25/$9.50
B799

Geshe Lobsang Tharchin
OFFERING OF THE MANDALA

The meaning and method of performing a Buddhist mandala offering, symbolic of the world and all its wealth. Includes translation of the Tibetan recitation.

1981. 27pp, pronunciation guide, glossary
0 918753 04 X
£2.25/$3.00
B797

SELECTED TALKS OF GESHE LOBSANG THARCHIN
Number One

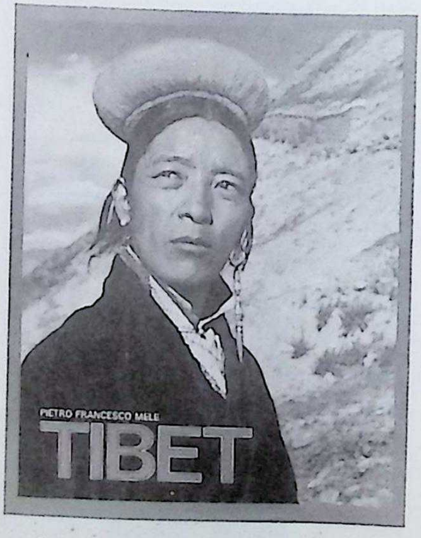
Number OneThis is the first in a projected series of pamphlets presenting selected talks given by Geshe Lobsang Tharchin during a decade of teaching in the United States. Included here are: *Enemy, Friend, and Judge; Bodhisattva Mind;* and *Morality.*

1981. 14pp, glossary.
0 918753 03 1
£1.50/$2.00
B798

Pietro Francesco Mele
TIBET
Foreword by His Holiness the Dalai Lama

As a member of the Italian expedition through India to Tibet in 1948, Pietro Francesco Mele was in the company of one of the greatest living authorities on Tibetan history, literature and religion, Professor Guiseppe Tucci of Rome University. A visit to Tibet with such an authority gave Mr. Mele a unique opportunity of partaking in the life of an intelligent and picturesque people, and of understanding their true nature. Here, then, is a series of images that portray vividly the best moments of Pietro Francesco Mele's great adventure. He has fully recaptured the magical atmosphere of Tibet.

1975. 88pp, 295x240, black and white photographs.
£5.95/$9.95
B715



Potala Publications

The Dalai Lama
MY LAND AND MY PEOPLE
Memoirs of the Dalai Lama of Tibet

This is the dignified and moving biography of the great spiritual and temporal leader of Tibet, driven into exile by Communist China. His Holiness the Fourteenth Dalai Lama relates the story of his brief, tumultuous reign climaxed by the appalling destruction and systematic murder of his people by the Chinese.

A civilized, compassionate man and a sincere reformer, he writes of the simple Tibetan life into which he was born, and among whom he, as the reincarnation of his predecessor, was discovered and declared Dalai Lama according to his country's ancient customs.

During and after the invasion, the Dalai Lama appealed to the United Nations, and the International Commission of Jurists undertook a detailed study of the situation. The horror uncovered by the Commission surpassed sanity and reason, and it is detailed in these pages. *My Land and My People* is a tragic book. Yet, it is deeply inspiring, for the whole story is told with the gentle forgiving spirit of a Buddhist monk.

1983. 272pp, 44 photographs, 3 maps, index.
0 961147407
£5.95/$6.95 *B711*

Rinsen Book Company

Chandra Das
TIBETAN-ENGLISH DICTIONARY
Compact Edition

This, the most popular Tibetan-English dictionary, was first published in a large, bulky format in India in 1902. Since 1969, it has been available in a beautifully produced compact edition, published in Japan. An essential tool for those studying the Tibetan language.

Now in it's seventh printing.

160 x 115 mm, 1985. 1353pp,
£29.50/$44.25 *B713*

Serindia Publications

David Jackson & Janet Jackson
TIBETAN THANGKA PAINTING
Illustrated by Robert Beer

A fascinating, authoritative description of the techniques and principles of Tibetan sacred art, this work is a distillation of the authors' ten years research in India and Nepal. It places thangka painting in its cultural and religious context, and outlines, step-by-step, the techniques by which a thangka is brought to completion.

Illustrated throughout with a wealth of line drawings and photographs.

1984. 192pp, hardback, 300 x 215 mm, 185 illustrations, glossary, appendix, bibliography. 0 906026 12 1
£18.50/$37.00 *B706*

TIBETAN THANGKA PAINTING
Methods & Materials
David P. & Janice A. Jackson

Shambhala Publications

Ösel Tendzin
BUDDHA IN THE PALM OF YOUR HAND

The chief disciple of Buddhist meditation master Chögyam Tungpa presents the authentic teachings of the Buddha and the path of Buddhist meditation in a book that speaks directly to the reader, combining depth and accessibility, humour and poignancy.

In 1976, Ösel Tendzin, an American student of Chögyam Trungpa, was named as Trungpa's dharma heir, thus becoming the first Westerner empowered as a lineage holder of Tibeten Buddhism. This book – based on the author's lectures throughout North America and Europe – begins with the premise that all human beings possess the basic mind of enlightenment. What is needed is discipline and commitment to allow awakened mind to shine through.

An in-depth discussion of the practices of mindfulness and awareness meditation are presented, as well as the development of compassion and its application in everyday life. The importance of devotion in the tantric tradition, as presented here, evokes the profound understanding that the author has of Eastern religion and his immediate connection with Western culture.

1982. 120pp, 215 x 140mm, notes, index.
0 394 70889 X
£3.95/$5.75 *B723*

Chögyam Trungpa
CUTTING THROUGH SPIRITUAL MATERIALISM

Trungpa Rinpoche's approach is to make the teachings of Tibetan Buddhism directly applicable to the joys, sorrows and questions of people everywhere. In *Cutting Through* he shows how the ego process is a subtle conspiracy to ignore the awakened state of mind and how the practice of meditation cuts through the elaborate concealing strategies of ego. He also describes the various traps that spiritual practitioners fall into, such as confusing temporary bliss or tranquillity with the awakened state of mind, of falling prey to the subtle manoeuvres that ego makes to appropriate spiritual teachings and ideas to its own purpose.

1973. 256pp, 215 x 140mm, illustrations, index. 0 394 73023 2
£6.50/$9.25 *B724*

Herbert V. Guenther and Chögyam Trungpa
THE DAWN OF TANTRA

This book brings together a scholar of Tantric Buddhism with its most articulate practitioner-teacher in the West. This memorable meeting serves as an excellent introduction to the understanding of Tantra. Two of the essential principles of Buddhism, prajñā (knowledge) and upāya (skillful means) become living teaching. The Tantric approach is to see the continuity of all situations from an enlightened point of view. The basic concepts of this philosophical system are presented in a practical context relevant for contemporary Western society.

1975. 104pp, 215 x 140mm, illustrations. 0 394 70957 8
£5.50/$7.75 *B725*

Joseph Goldstein
THE EXPERIENCE OF INSIGHT
A Simple and Direct Guide to Buddhist Meditation

Here is a modern classic of unusually clear, practical instruction for the practice of Buddhist meditation: sitting and walking meditation, how one relates with the breath, feelings, thoughts, sense perceptions, consciousness, and everyday activities. Basic Buddhist topics such as the nature of karma, the four noble truths, the factors of enlightenment, dependent origination, and devotion are discussed.

The Experience of Insight comes about as close to delivering the promise of its title as any written material can.

186pp, 215 x 140mm 0 394 71430 X
£5.50/$7.75 *B726*

Chögyam Trungpa
FIRST THOUGHT, BEST THOUGHT
108 Poems
Introduction by Allen Ginsberg

"The dramatic situation of someone who has realised the World as pure mind, and gone beyond atachment to ego to return to the world and work with universal ignorance, confront the spiritual-materialist daydream of Western world – and tell it in modernist poetry –,provides the historic excitement this book puts in our laps." *From the Introduction by Allen Ginsberg.*

Here is a unique contribution to the field of poetry: a new collection of works of America's foremost Buddhist meditation master, Chögyam Trungpa. These poems and songs – most of which were written since his arrival in the United States in 1970 – combine a background in classical Tibetan poetry with Trungpa's intuitive insight into the spirit of America, a spirit that is powerfully evoked in his use of colloquial metaphor and contemporary imagery.

1983. 224pp, 230 x 145mm 0 394 73269 3
£7.25/$10.25 *B727*

THE HUNDRED THOUSAND SONGS OF MILAREPA

Two volumes

Translated and annotated by Garma C.C. Chang

Milarepa was a famous Buddhist poet and saint in Tibet in the eleventh century whose songs of lyric beauty have been passed down over the centuries. Today they still form one of the great canons of Tibetan Buddhist literature. *The Hundred Thousand Songs* "has been read as the biography of a saint … a manual of Buddhist yoga, a volume of songs and poems, and even a collection of Tibetan folklore and fairy tales." However they are read, Milarepa's poems are an engrossing portrayal, which will captivate readers with its dynamic insight into the teachings of Tibetan Buddhism.

Volume 1: 0 394 73346 0
£11.25/$15.75 *B728*
Volume 2: 0 394 73347 9
£11.25/$15.75 *B729*

Chögyam Trungpa

JOURNEY WITHOUT GOAL

The tantric wisdom of the Buddha

Based on the author's talks at Naropa Institute, this book introduces the reader to the tantric tradition, based on the practice of meditation, which leads to the discovery of egolessness. Trungpa provides a direct and experiential picture of the tantric world, explaining the importance of self-existing energy, the mandala principle, differences between Buddhist and Hindu tantra – stressing the nontheistic foundation of Buddhism. The role of the teacher and the meaning of tantric transmission are also presented. Written for those interested in the Buddhist path, rather than for scholars, *Journey without Goal* demystifies the highest teachings of Buddhism and at the same time affirms their power and sacredness.

Chögyam Trungpa – meditation master, scholar, and artist – is well-known throughout the US as a Buddhist teacher and founder and president of Naropa Institute and Shambhala Training. He is the former abbot of the Surmang monasteries in Tibet.

1985. 150pp, 230 x 152mm 0 394 74194 3
£7.25/$10.25 *B722*

Chögyam Trungpa
THE MYTH OF FREEDOM
And the Way of Meditation

"Chögyam Trungpa has the ability to express with unusual clarity the essence of buddhadharma in the contemporary American idiom." *Publisher's Weekly*

The Myth of Freedom challenges us to reconsider the fundamental meaning of freedom and to re-examine our habitual patterns, our preconceptions, and even our spiritual practices to see how they may become sources of imprisonment rather than liberation. Trungpa explains the role that meditation and devotion play in uncovering the sources of frustration and in allowing these negative forces to become vehicles for the realization of true freedom.

1976. 192pp, 215 x 140mm, illustrations, index. 0 394 73180 8
£7.25/$10.25 *B731*

THE RAIN OF WISDOM
The essence of the ocean of true meaning
Translated by the Nalanda Translation Committee under the direction of Chögyam Trungpa

The art of composing spontaneous songs that express spiritual understanding has existed in Tibet for centuries. Over a hundred of these profound songs are found in this collection of the works of the great teachers of the Kagyü lineage, known as the Practice Lineage of Tibetan Buddhism.

Many readers are already familiar with the colourful life of the yogi Milarepa, an early figure in the Kagyü lineage, some of whose songs are included here. Songs by over thirty other Buddhist teachers are also presented, from those of Tilopa, the father of the lineage, to those of contemporary teachers such as Chögyam Trungpa, who directed this translation.

The fifteen-member Nalanda Translation Committee was established in 1976 to translate into English the great works of Tibetan Buddhist literature.

1985. 384pp, 230 x 152mm. 0 394 74199 4
£15.50/$21.75 *B721*

Chögyam Trungpa
SHAMBHALA
The Sacred Path of the Warrior
Edited by Carolyn Rose Gimian

In his first major book since 1976, Chögyam Trungpa turns from the practice of Buddhism to more secular concerns, speaking directly to the experience and challenge of being human. Here Trungpa presents the path of warriorship found in traditional Eastern cultures – in particular, the warrior culture of Tibet – showing how an individual can use the vision of the kingdom of Shambhala to lead a more sacred, dignified, and fearless existence.

1984. 199pp, 215 x 140mm. 0 394 72329 5
£5.95/$8.50 *B732*

THE TIBETAN BOOK OF THE DEAD
The Great Liberation through Hearing in the Bardo
A new translation with commentary by Francesca Fremantle and Chögyam Trungpa

The Tibetan Book of the Dead is a book of instruction on the nature of impermanence and is intended for the use of both the dying and the living. It is one of a series of instructions on liberation composed by Padmasambhava, the founder of Tibetan Buddhism. The doctrine of rebirth, the six kinds of existence, and the intermediate bardo state between them refer very much to this life, regardless of their application after death. This new version and commentary is for a new generation of readers. The translators give greater emphasis to the practical application of the text and convey its spirit of vitality and directness so that Tibetan Buddhism may become a living tradition, putting down roots in the West, rather than a purely academic subject for study.

1975. 144pp, illustrations, glossary, bibliography, index. 0 394 73064 X
£5.95/$8.50 *B733*

Jeffrey Hopkins
EMPTINESS YOGA

Traditional Tibetan teachings on the compatibility of emptiness and dependent-arising are juxtaposed with a personal commentary on their significance by Professor Jeffrey Hopkins – considered by many to be the foremost contemporary Western authority on Tibetan Buddhism. Absorbing and highly readable, this presentation of the highest development in Buddhist insight is a must for all interested in the fundamentals of appearance, emptiness, deity yoga and emptiness yoga.

1985. 265pp, glossary, bibliography, index.
0 937938 31 9
£9.50/$12.50 approx. *B716*

Dr Yeshe Donden
HEALTH THROUGH BALANCE
Introduction to Tibetan Medicine
Translated and edited by Jeffrey Hopkins

The fascinating Tibetan medical system has never been so clearly explained as in this outstanding collection of lectures presented to students at the University of Virginia by the former personal physician of His Holiness the Dalai Lama. As a special addition, many pages are devoted to Dr. Donden's lucid responses to students' specific questions.

"I went to observe Dr. Donden with some healthy skepticism. I was surprised and elated by what I found. It was as if he was a human electrocardiogram machine interpreting the component parts of the pulse. We have nothing like it in the West. It's dimension of medicine that we have not yet realized." *Dr. Richard Selzer, Yale University.*

"Dr. Donden is totally attuned to everything that is going on. He uses all his senses as his medical instrument. Our patients have been very impressed." *Dr. Gerald Goldstein, University of Virginia.*

1986. 220pp, 215 x 135mm, illustrations
0 93793 825 4 *B719*
£8.25/$10.95

Daniel Cozort
HIGHEST YOGA TANTRA

This presentation of the stages of Highest Yoga Tantra is based on a famous work by the yogi/scholar Nga-wang-bel-den entitled *Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets*, and draws heavily on oral commentary by the present Ganden Tri Rinbochay, Jambel Shenpen. Part One presents the generation stage of Highest Yoga Tantra. Part Two covers the entirety of the completion stage, that is, physical isolation, verbal isolation, mental isolation, illusory body, clear light, and union. Part Three compares the Kalachakra and Guyhasamaja stages of completion. Part Four details the practice of taking the three bodies as the path. Remarkable for its clarity.

1986. 185pp, index, bibliography, glossary, notes. 0 937938 32 7
£8.25/$10.95 *B718*

Anne Klein
KNOWLEDGE AND LIBERATION

From its inception, Buddhist philosophy and epistemology has been concerned with defining and overcoming the limitations and errors of ordinary perception. This was essential to Buddhism's central religious purpose of establishing a path and method for attaining liberation. The Geluk school, a Tibetan sect founded in the fifteenth century, maintains that conceptual thought, though itself dualistic, is capable of leading to non-dualistic, liberating understanding.

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1986. 300pp, 0 93793 823 8
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Lati Rinbochay
MIND IN TIBETAN BUDDHISM

Translated, edited and introduced by Elizabeth Napper

Understanding mind is essential to understanding Buddhism in both its thoretical and practical aspects, for the process of achieving enlightenment is one of systematically purifying and enhancing the mind.

Buddhist practitioners in the great Tibetan monasteries of Lhasa began their inquiry into mind by studying *The Presentation of Awareness and Knowledge*. Using this important text as his basis Lati Rinbochay, present abbot of the Shardzay College of Gan-den Monastery, provides rich and extensive commentary.

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Tibetan text included.

1986, 181pp, glossary, bibliography, index.
0937938 02 5
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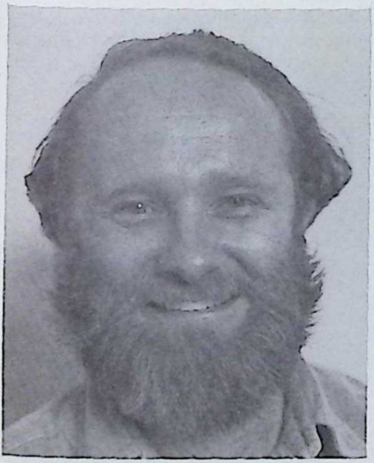

COMPASSION IN TIBETAN BUDDHISM

Translated and edited by Jeffrey Hopkins

Compassion in Tibetan Buddhism presents methods for generating compassion according to oral and written traditions of Tibetan Buddhism.

Part One: *Meditations of a Tantric Abbot* by Kensur Lekden (1900-1971), abbot of the Tantric College of Lower Lhasa, Tibet in the 1950s. Free and intimate in style, these meditations take one through the steps of cultivating altruism and describe in lively detail how to reflect on personal relationships so that heartfelt love and compassion are generated. These meditations were given in America in 1970.

Part Two: *Way of Compassion* is a work by Tibet's great 14th century yogi and scholar Tsong-ka-pa entitled "Illumination of the Thought." In a philosophical as well as practical context, the importance of compassion at all levels is surveyed, detailing its types, and describing the deeds motivated by it.

The combination of Kensur Lekden's meditations and Tsong-ka-pa's detailed explanation affords a unique blend of the oral and written traditions of Tibetan Buddhism on the principal motivation for enlightenment, compassion. Vast and profound, these teachings shine with the sun of Buddha's doctrine reflected so brightly in the snows of Tibet.

1980, 1982, 1985. 264pp, 215 x 135 mm, English/Sanskrit/Tibetan glossary, bibliography, notes, index. 0 937938 04 1
£8.25/$10.95 *B708*

Lati Rinbochay & Jeffrey Hopkins
DEATH, INTERMEDIATE STATE AND REBIRTH
Foreword by His Holiness the Dalai Lama

Anyone interested in the stages and process of death and dying will find this book indispensable. The Highest Yoga Tantras are based on simulating the processes of death, intermediate states and rebirth, so it is important for the practitioner to know how humans die – the stages of death and the physiological reasons behind them. This requires an understanding of winds, or currents of energy, that serve as foundations for various levels of consciousness.

In the practice of Highest Yoga Tantra, these winds are dissolved in their coarse and subtle forms into the very subtle life-bearing wind at the heart. Mirroring the death process, this involves concentration on the channels and channel-centres of the body, and the white and red fluids, or "drops," located at these channel centres. Lati Rinbochay is currently Abbot of Shar-dzay College, Gan-den monastery, in South India. His commentary is accompanied by a translation of *Lamp Thoroughly Illuminating the Presentation of the Three Basic Bodies – Death, Intermediate State and Rebirth* by the Tibetan yogi-scholar, Yang-jen-ga-way-lo-dro.

1985. 87pp, index, bibliography.
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The Dalai Lama
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The book is illustrated with photographs taken during His Holiness's tours of the United States in 1979 and 1981 and of Canada in 1980.

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B703

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1981. 176pp, 215 x 135 mm, illustrations, glossary, bibliography, index. 0 937938 11 4
£9.95/$12.95 *B704*

SELECTED WORKS OF THE DALAI LAMA II

The Tantric Yogas of Sister Niguma
Compiled, translated and edited by Glenn H. Mullin

The Second Dalai Lama chose as sources for his considerable literary output practices from the lesser-known sects and lineages of Tibetan Buddhism. Their special treatment of popular tantric traditions, such as Yamantaka and the yogas of Naropa, are presented here in English for the first times.

In this collection of sixteen texts, Glenn Mullin has chosen works that vividly convey both the Second's scriptural mastery and breadth of tantric experience, and the powerful religious ferment of his era. The four main texts translated here include teachings of the generation and completion stages of the *Vajrabhairava Tantra* (Yamantaka); a survey of the structure and historical development of Indian Buddhism's principal schools, outlining their definitive doctrinal distinctions; detailed instruction in the practice of making and empowering "flower essence pills" that free the practitioner from the need for ordinary foods; and the explicit, extraordinary trantic yogas of Sister Niguma – a special lineage of the six yogas of Naropa transmitted by his consort, the dakini Niguma, which forms the basis of the Shang-pa Ka-gyu Sect. A traditional biography of the Second, and brief biographical sketches of all fourteen Dalai Lamas are included as appendices.

240pp, illustrations, glossary, bibliography, index. 0 937938 28 9
£8.25/$10.95 *B712*

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With extensive commentary by the present Dalai Lama Tenzin Gyatso
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B701

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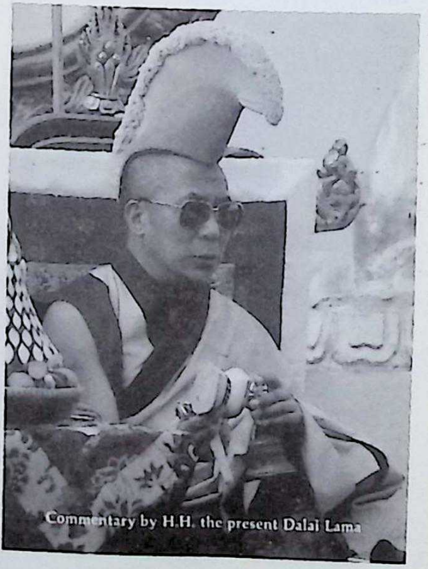
Commentary by H.H. the present Dalai Lama

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Where One Proceeds Along the Path of the Primordial Yoga
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Preface, translation from Tibetan into Italian, and notes by Adriano Clemente

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Introduction and notes by Enrico Dell'Angelo

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Geshe Jampa Gyatso graduated from Sera Je Monastic University with highest honours in 1972, after a life-time of intensive study and practice in Tibet and India. He has been teaching Buddhist philosophy to Westerners for ten years, first at Kopan monastery in Nepal and since 1981 at Lama Tzong Khapa Insititute. There he lectures twice a day as well as teaching occasional short courses in other centres in Italy and other parts of Europe.

George Churinoff graduated from the Massachussets Institute of Technology in 1967 with a Bachelor of Science Degree in Physics. He was ordained as a Buddhist monk in 1976 and studied Buddhist philosophy with Geshe Jampa Gyatso in Nepal and Geshe Jampa Tekchok in England. Since 1982 he has been co-ordinating the Institute's education program and preparing translations with Tibetan monk Archarya Thubten Jampa.

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>
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>
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>
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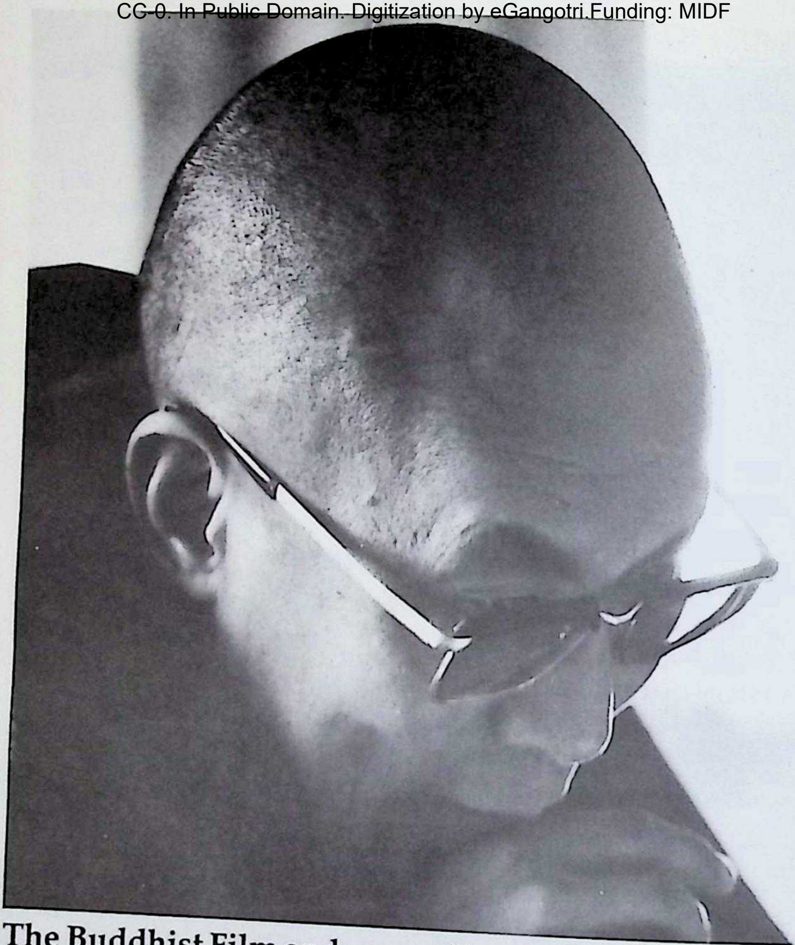
The film is available for hiring (details on request) or is for sale at £678/$1095.

Seventh Art Productions, 11 Trent
Avenue, London W5 4T1. Telephone (01)
567 8174



The Buddhist Film and Video Archive

The Meridian Trust, Tibet Foundation and **Wisdom Films** have together produced a range of Dharma videos that comprise the Buddhist Film and Video Archive. These recordings contain teachings by

His Holiness the Fourteenth Dalai Lama, including 'The Gift of Peace: A Message for All Faiths,' 'The Essence of Buddhist Philosophy' and 'Introduction to Tantra'; **His Eminence Sakya Trizin, Tsenshab Serkong Rinpoche, Lama Thubten Yeshe, Kyabje Song Rinpoche, Geshe Namgyal Wangchen, Dr Lobsang Rabgay, Namkhai Norbu,** The Tibetan Community In Exile: India and Europe, Tibetan Medicine, Handicrafts, Education.

For a complete catalogue, please write to **The Meridian Trust, 330 Harrow Road, London W9 2HP or telephone (01) 289 7672.**

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